Panasonic

DIMENSION 4

Microwave/Convection Oven Cookbook

Operation Guide

NN-9853

We are glad you have chosen to purchase a PANASONIC microwave/ convection oven.
Before operating this oven, please read these instructions completely.

If you have never used a microwave/convection oven before, you will realise that a microwave/convection oven uses a totally different method of converting energy into heat. This requires an understanding of what exactly happens to food when placed in the oven.
After reading the introductory chapter, I am sure you will be able to master the basic technique and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave/convection oven.

Kim Beavan
Home Economist

Kyla Midgley
Consultant Food Economist

Panasonic Australia Pty. Ltd.
P.O. Box 505
Frenchs Forest NSW 2086

Panasonic Division
Fisher & Paykel Ltd.
Auckland,
New Zealand
Telephone: (09) 570-2888
Fax: (09) 527-6927

Product Manager
NPC Electronics (Ltd)
Panasonic Consumer Company
Head Office - South Africa
Unit 10, Fedlife Park, Tonnetti Street
Halfway House, Midrand
P.O Box 1198
Halfway House
1685
Tel No: (011) 313-1400
Fax No: (011) 313-1456

MEASURING EQUIPMENT FOR RECIPES

Left hand measurements are for Australian and New Zealand users and the right hand measurements are for South African users.

©Copyrighted by Matsushita Electric Industrial Co., Ltd. 1993.

Table of Contents

Before Operation

Precautions in the use of Microwave Ovens 2
Important Instructions 2
Installation and Earthing Instructions 3
Safety Instructions 4
Microwaves and How They Work 5
Cookware and Utensil Guide 5
Cookware and Utensil Chart 7
Feature Diagram 8
Control Panel 9
Oven Accessories 10
Cooking Modes 10

Operation & Hints

Let's Start To Use Your Oven! 11
Quick Guide to Operation 12
To Set Clock 13
Operation Guide on the Screen 13
Child Safety Lock 13
To Reheat by Micro Power and Time Setting 14
by Sensor Reheat Pad 22
To Defrost by Micro Power and Time Setting 14
by Auto Defrost Pad 16
To Cook by Micro Power and Time Setting 14
on Grill by Time Setting 18
on Convection by Time Setting 19
on Combination by Time Setting 20
using One Touch Cooking 22
To Use Timer Pad 27
To Use Auto Start Pad 27
To Use Recipe Store Pad 27

Cooking Guide

Microwave Recipe Preparation and Techniques 28
Everyday Basics 31
Soups, Snacks and Starters 35
Fish and Shellfish 42
Poultry 47
Main Fare Meats 57
Vegetable Varieties 68
Rice, Pasta and Cereal 75
Cakes, Muffins and Biscuits 80
Slices, Desserts and Pastries 84
Micro-Made Extras 91

Maintenance

Before Calling for Service 95
Care of Your Microwave Oven 96
Technical Specifications 96

Safety Instructions

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grill is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grill or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens.
   Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

PRACTICAL HINTS.

1. Before using CONVECTION, COMBINATION or GRILL function for the first time, operate the oven without food on GRILL 1, for 20 minutes. This will allow the oil that is used for protection to be burned off.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILL. Use care when opening or closing door and when inserting or removing food and accessories.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2),OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO., LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safty requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement only applicable to South Africa.)

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth.
   The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair service.
c) If the supply cord of this appliance is damaged, it must by replaced by the special cord available only from the manufacturer.
d) Before use, the user should check that utensils are suitable for use in microwave ovens.

Installation and Earthing Instructions

Important Instructions

WARNING — To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

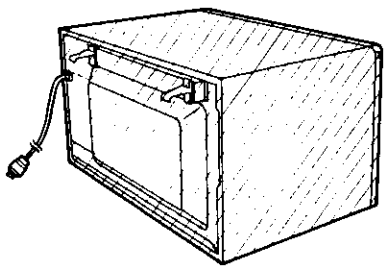
1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with a teat**) - may explode and should not be heated in microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
   (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
   (b) Remove wire twist-ties from bags before placing bag in oven.
   (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
WARNING — Improper use of the earthing plug can result in a risk of electric shock.

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 5 cm on both sides and on top of oven. Do not remove feet.**
   a. Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
   b. Do not place oven near a hot or damp surface such as a gas stove, electric range **or sink etc.**
   c. Do not operate oven when room humidity is too high.
2. The surface of the oven becomes hot during operation. Do not allow the mains cable to come in contact with the surface of the oven as indicated.



3. This oven was manufactured for household use only.
4. This oven may be built into a wall cabinet, if desired. Trim kits may be purchased from a local Panasonic dealer. See page 96 for technical specifications.

Circuits

Your microwave oven should be operated on a separate 220/230/240 V 10 A circuits from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Fan Motor Operation

After using the COMBINATION and MICROWAVE modes, the fan may rotate for 1 minute to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

Safety Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If a fire occurs in the oven, press the STOP/RESET Pad and leave the door closed. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the ceramic tray. The tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on ceramic tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell. (unless otherwise stated in recipes.) Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. Stir liquids several times before and during heating to avoid eruption of the liquid from the container, e.g. water, milk or milk based fluids.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your oven. NEVER leave oven unattended when popping popcorn.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB.

Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection

Metal substances REFLECT microwave energy and because there is no absorption there is no heating. This is why the oven interior is either stainless steel or paint-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you to make the right selection.

How to Test a Container for Safe Microwave Oven Use

Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food by Convection, Combination and Grill. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towels, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting a microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven.
Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating.
Do not use delicate glassware.
Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Cookware and Utensil Guide (continued)

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch.
The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be successfully used for defrosting or for use on lower power levels.
Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.
Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid be careful to remove it away from you to avoid steam burns.
Loosen plastic but let dish stand covered.

Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturer's directions. Add food to be seared and heat according to recipe or personal preference.
Use pot holders to remove the dish from Microwave Oven. Do not use the browning dish on or in a conventional stove.
Remember:
Food can be covered with a loose sheet of absorbent towel to prevent splattering.
Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.
The surface of a browning dish can be scratched easily. Clean it gently with a liquid cleanser or soak overnight with a teaspoon of bicarbonate of soda.
Do not use your browning dishes on or in a conventional stove.

Metal

Metal cookware or utensils, and those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.
Aluminium foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven otherwise arcing may occur.
Foil lined containers, either cardboard or plastic, should NOT be used on the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used on Microwave or Combination.
Frozen dinner trays can be used on microwave if the container is no deeper than 2 cm and is filled with food. They may be used on Convection.
Metal skewers can not be used on Microwave as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.
Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven or on Combination.

Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Straw, Wicker, and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Cookware and Utensil Chart

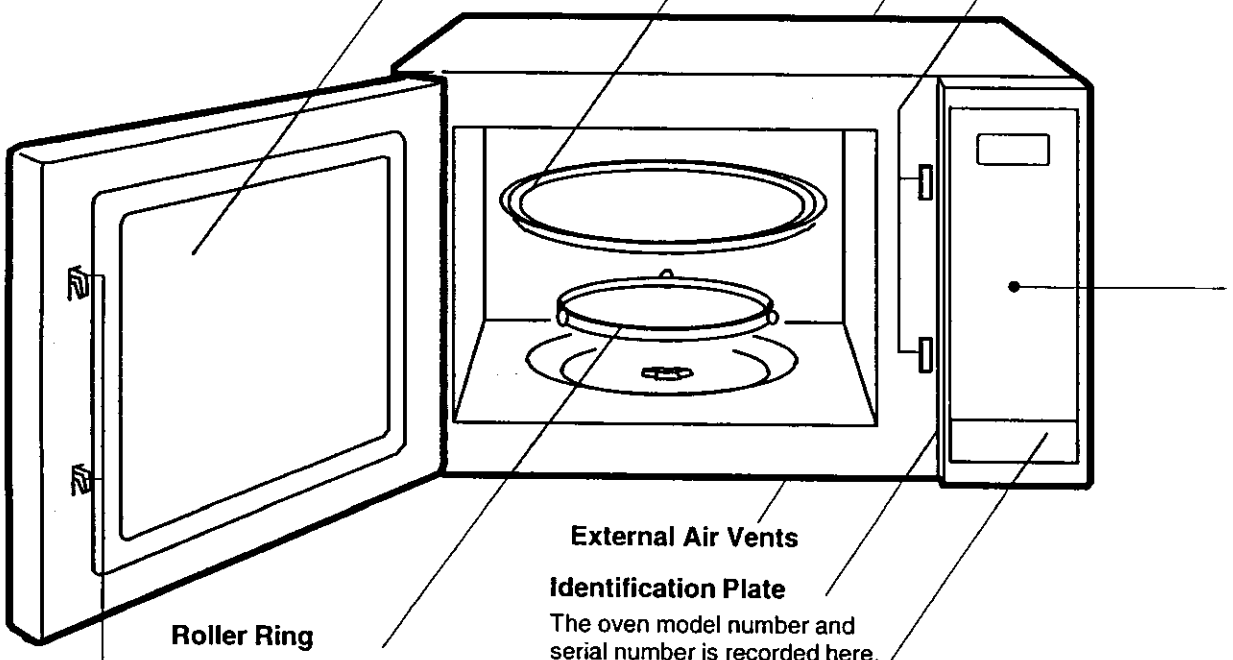
	Microwave	Grill	Convection	Combination
Aluminium Foil	For Shielding	Yes	Yes	For Shielding
Browning Dish	Yes	No	No	No
Brown Paper Bags	No	No	No	No
Dinnerware Oven/Microwave Safe Non Oven/Microwave Safe	 Yes Yes	 No No	 Yes No	 Yes No
Disposable Polyester Paperboard Dishes	Yes*	No	Yes* (up to 220°C)	Yes* (up to 220°C)
Glassware Oven Glassware & Ceramic Non Heat Resistant	 Yes No	 Yes No	 Yes No	 Yes No
Metal Cookware	No	Yes	Yes	Yes**
Metal Twist-ties	No	Yes	Yes	No
Oven Cooking Bag	Yes	No	Yes	Yes
Paper Towels and Napkins	Yes	No	No	No
Plastic Defrosting Rack	Yes	No	No	No
Plastic Dishes Microwave Safe Non Microwave Safe	 Yes No	 No No	 * No	 * No
Plastic Wrap	Yes	No	No	No
Straw, Wicker, Wood	Yes	No	No	No
Thermometers Microwave Safe Conventional	 Yes No	 No Yes	 No Yes	 No No
Waxed Paper	Yes	No	No	No

* Check manufacturers' recommendation, must withstand heat.
** Follow recipe instructions.
NOTE: See page 10 for accessories included.

Feature Diagram

Ceramic Tray

1. Do not operate the oven without the Roller Ring and the Ceramic Tray in place.
2. Only use the Ceramic Tray specifically designed for this oven. Do not substitute any other Ceramic Tray.
3. If the Ceramic Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on the Ceramic Tray unless otherwise indicated. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on the Ceramic Tray touches the oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
6. The Ceramic Tray can rotate in either direction.



Identification Plate

The oven model number and serial number is recorded here.

Roller Ring

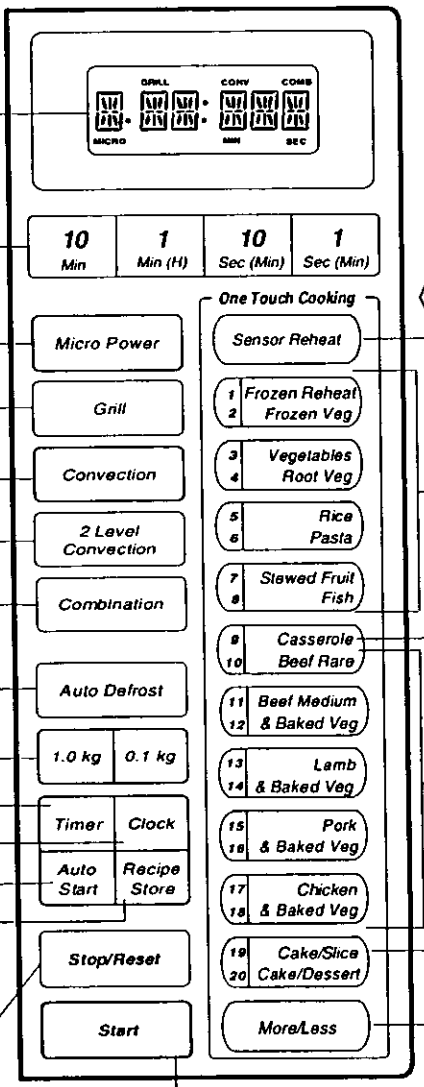
1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Ceramic Tray for cooking.

Door Safety Lock System

Door Release Button

Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened.
It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

Control Panel



Stop/Reset Pad

Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in display window.

Start Pad

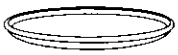
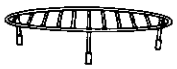
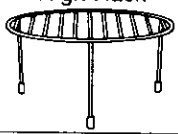
One tap allows oven to begin functioning. If door is opened or STOP/RESET Pad is tapped once during oven operation, START Pad must again be pressed to restart oven.

Prompters:

When pads are pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the screen. If a pad is pressed and no beep is heard, the unit has not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the screen. Words will automatically appear to prompt user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete program, the oven will beep five times.

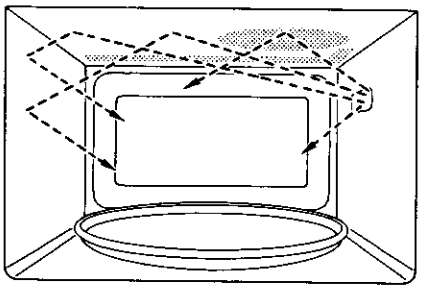
Oven Accessories

The following is a chart in which you will find the correct use of the accessories in the oven.

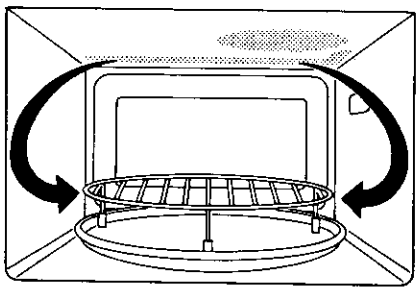
	Ceramic Tray 	Low Rack 	High Rack 
Microwave	YES	NO	NO
Grill	YES	YES	YES
Convection	YES	YES	NO
2 Level Conv.	YES	YES	YES
Combination	YES	YES	NO

Cooking Modes; Heating Source

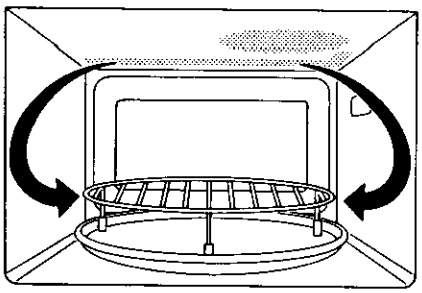
Microwave



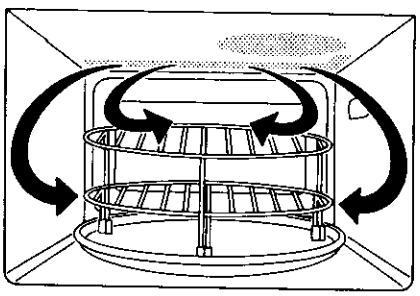
Grill



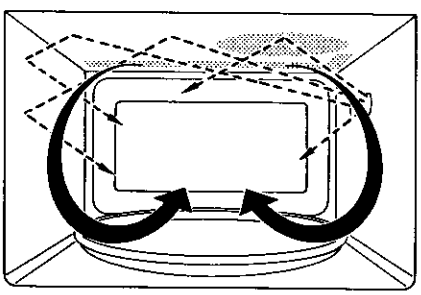
Convection

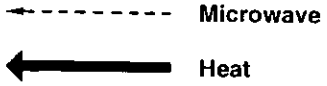


2 Level Convection



Combination





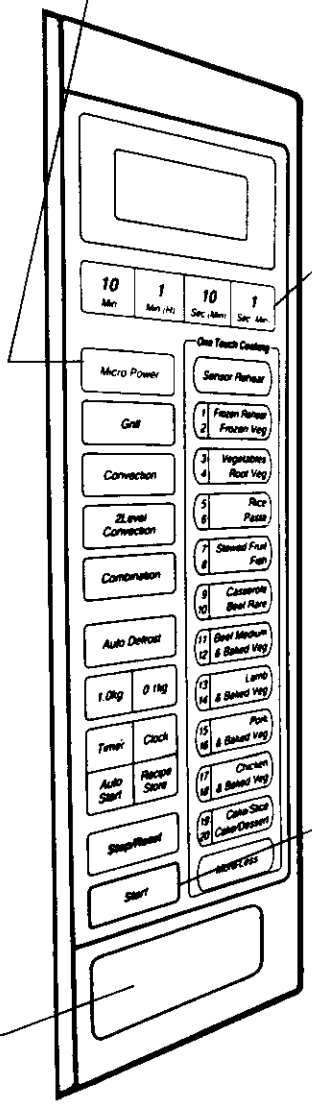
Let's Start To Use Your Oven!

1 Plug in

Plug into a properly grounded electrical outlet. "WELCOME TO WORD PROMPTING" appears in display. (This will immediately cease when any pad is pressed.)

2 Press

Open the door and place the food on the ceramic tray in the oven. Then close the door.

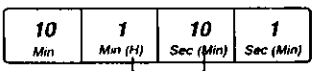


3 Select Power Level

e.g. HIGH Power — Press once
(Continue pressing for other power levels — page 14)

4 Set Time

e.g. 1 minute 30 seconds



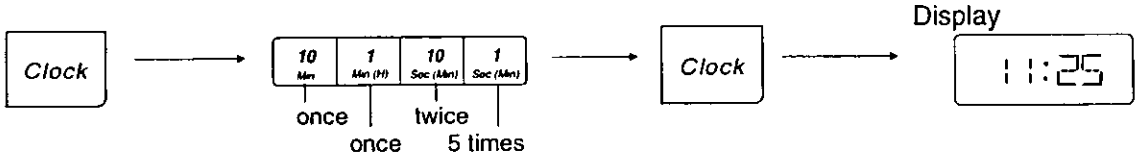
5 Press

Quick Guide to Operation

Feature	How to Operate
To **Set Clock** (☛page 13)	Clock → (Hours) (Mins) 10 1 10 1 → Clock Enter time of day.(Max 12:59)
To Use **Child Safety Lock** (☛page 13)	**To Set:** Start (3× press) → Display: LOCK **To Cancel:** Stop/Reset (3× press) → Display: 11:25
To Use **Micro Power and Time Setting** (☛page 14)	Micro Power → 10 1 10 1 → Start
To Defrost using **"Auto Defrost"** Pad (☛page 16)	Auto Defrost → 1.0 kg / 0.1 kg → Start
To Cook on **Grill** (☛page 18)	For Preheating: Grill → Start → Place food in the oven. → For Cooking: 10 1 10 1 → Start
To Cook on **Convection** (☛page 19)	For Preheating: Convection → Start → Place food in the oven. → For Cooking: 10 1 10 1 → Start
To Cook by **Combination** (☛page 20)	Combination → 10 1 10 1 → Start
To Reheat using **"Sensor Reheat"** Pad (☛page 22)	Sensor Reheat → Start
To Cook using **"One Touch Cooking"** Pads (☛page 22 - 26)	Select the Desired Food Category. Category 1 - 9, 19, 20 → Start Select the Desired Food Category. Category 10 - 18 → 1.0 kg / 0.1 kg → Start
To Set **Stand Time** (☛page 27)	Set the Desired Cooking Programme. → Timer → 10 1 10 1 → Start
To Set **Auto Start** (☛page 27)	Set the Desired Cooking Programme. → Auto Start → 10 1 10 1 → Start
To Cook using **"Recipe Store"** Pad (☛page 27)	**To Store Recipe Programme:** Recipe Store → Set the Desired Cooking Programme. → Recipe Store **To Start Recipe Programme:** Recipe Store → Start

To Set Clock

You can use the oven without setting the clock.



- **Press.**
- **Enter time of day. e.g. 11:25**
- **Press.**

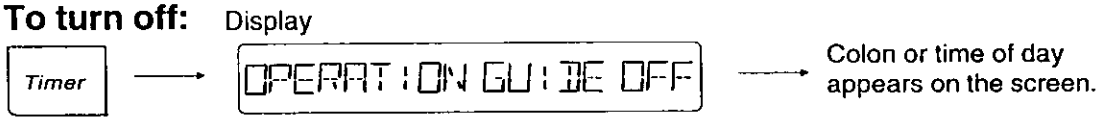
NOTES:

1. To reset time of day, repeat steps as above.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
3. Max time available is 12:59. Clock is 12 hour only.

Operation Guide on the Screen

To assist you in programming your oven, the following operation will appear on the screen.
When you become familiar with your oven, the operation guide can be turned off.

To turn off:



- **Press 3 times**

To turn on:

- **Press 3 times**

To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open.
You can set Child Lock when colon or time of day is displayed.

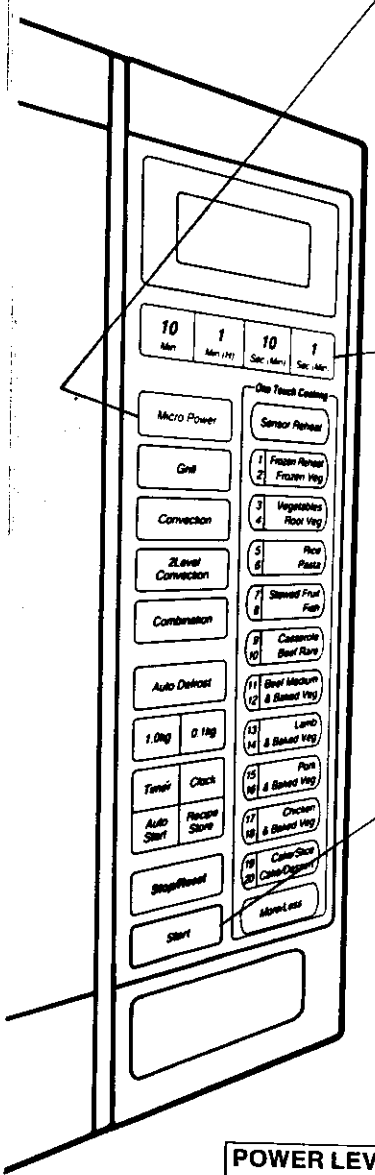
To Set:

- **Press 3 times.**

To Cancel:

- **Press 3 times.**

To Reheat / Defrost / Cook by Micro Power and Time



1 Select Power Level

NOTE: When selecting HIGH Power on the first stage, you can start from step 2.

2 Set Cooking Time

(Up to 99 minutes and 99 seconds for a single stage)

3 Press

▶ Cooking will start.
The time on the display will count down.

Two/Three stage cooking:
Repeat steps 1 and 2 above then press Start, the oven will beep twice between stages.
e.g. Casseroles - High 10 mins to bring to the boil then Med-Low 30 mins to finish by simmering.

Micro Power:

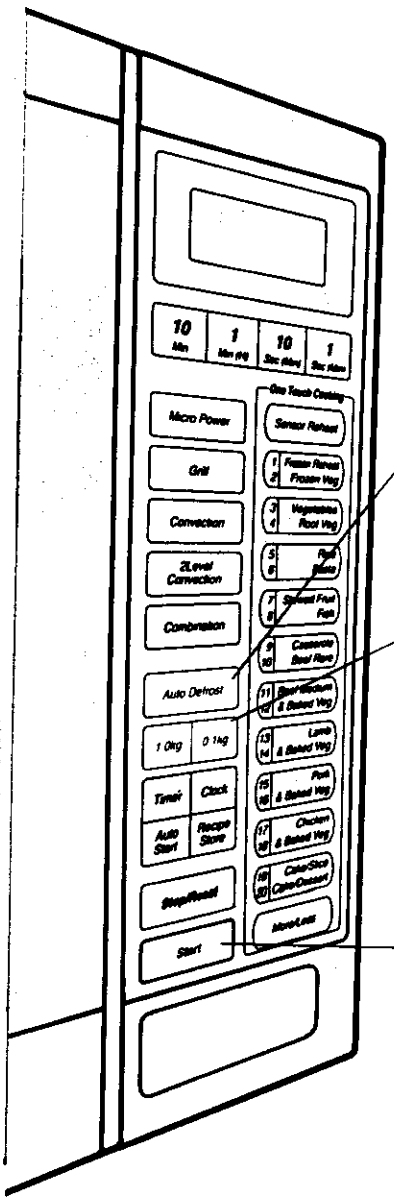
You can select different power levels for cooking foods at different speeds, refer to the chart below:

POWER LEVEL	POWER	EXAMPLE OF USE
HIGH	100 %	Boil water, cook fresh fruit, vegetables, rice and pasta. Preheat browning dish. Reheating soups, stews, casseroles.
DEFROST	30 %	Thawing Foods.
MEDIUM-HIGH	70 %	Cook poultry, meat, cakes, desserts. Heating milk.
MEDIUM	55 %	Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs & cheeses. Cook fish.
MEDIUM-LOW	30 %	Simmer soups, stews and casseroles (less tender cuts). Soften butter & cream cheese.
LOW	10 %	Keep cooked foods warm, simmer slowly.

Reheat by setting Power and Time – Frozen Convenience Foods

ITEM FROZEN (Pre-cooked)	POWER	TIME (in minutes)	SPECIAL INSTRUCTIONS
BREAD & BAKED PRODUCTS			
Bread 1 slice	MEDIUM-HIGH	10 to 15 sec	Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper.
1 loaf	MEDIUM-HIGH	2 to 4	
6 rolls	MEDIUM	2 to 3	Place on paper towel to absorb moisture.
Cheesecake (600 g)	DEFROST	2 to 3	Remove from container. Defrost on plate.
Muffins – 4 (350 g)	MEDIUM-HIGH	6 to 8	Place onto paper towel lined plate.
Scones – 6 (400 g)	MEDIUM	2 to 3	Defrost on paper lined plate. Stand 2 minutes.
PIES			
Fruit Pie (500 g)	DEFROST then MEDIUM-HIGH	6 to 8 6 to 8	Remove from foil container and a place uncovered into a pie dish.
Meat Pie (300 g)	DEFROST then MEDIUM	4 to 6 2 to 3	Place onto paper towel lined plate.
Pizza (350 g)	HIGH	5 to 7	Remove from package and place onto paper towel or follow manufacturers instructions.
FROZEN MEAL			
Fish in Sauce (200 g)	MEDIUM	5 to 6	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (serves 2)	MEDIUM	4 to 6	Pierce pouch.
Lasagne (300 g)	MEDIUM	10 to 12	Remove from foil container, place into serving dish.
Plate Food	DEFROST then MEDIUM-HIGH	3 to 4 then 3 to 4	Arrange food evenly on a dinner plate. Add butter or gravy where desired. Cover plate with plastic wrap.
TV style dinner (320 g)	MEDIUM	8 to 10	Remove foil cover and replace with plastic wrap.
Vegetables & Sauce (in the bag) (500 g)	MEDIUM	8 to 10	Pierce corner of bag. Heat on a plate.
MISCELLANEOUS			
Chicken Pieces (500 g)	DEFROST then MEDIUM-HIGH	5 to 7 6 to 8	Place onto paper towel lined plate.
Croissants – 4 (250 g)	MEDIUM	2 to 3	Place onto paper towel lined plate.
Fish Fingers – 8 (200 g)	DEFROST then HIGH	3 to 5 2 to 3	Place onto paper towel lined plate.
Sausage Rolls (250 g)	MEDIUM	3 to 5	Place onto paper towel lined plate.

To Defrost



Auto Defrost

This feature allows you to defrost meat, poultry and seafood by weight.

1 Press

2 Set Weight

Weight must be programmed in kilograms and tenths of a kilogram.

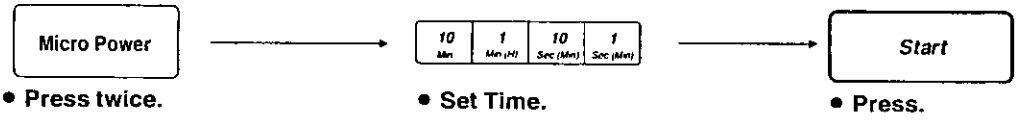
3 Press

▶ Defrosting time appears in the display and begins to count down.

NOTES:

1. Stand time or power level may be programmed after Auto Defrost. (See pages 14 and 27)
2. For further information on Auto Defrost, refer to next page.

Defrost by setting Time



- Press twice.
- Set Time.
- Press.

Preparation for Freezing:

1. Heavy-duty plastic wraps and bags, and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

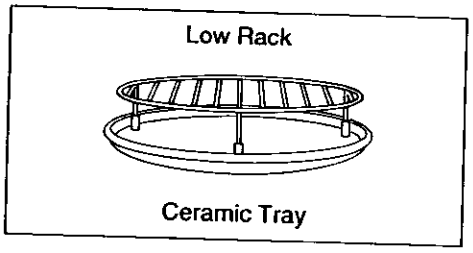
Defrosting Technique:

1. Remove from wrapper and set on a roasting rack in a dish on the ceramic tray.
2. On Auto Defrost, the oven will beep after one third and two thirds of the defrosting time has elapsed.
   At the first beep: Turn over all meat, poultry, fish and shellfish. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc. Shield thin ends of roasts or poultry legs and wings with foil.
   At the second beep: Turn over roasts or whole poultry. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat or poultry pieces. Shield ends of roasts, fat or bones with foil.
3. After defrosting: Large roasts may still be icy in the centre. Allow to stand 15 to 30 minutes in refrigerator to completely defrost.

Defrosting Chart (by setting time):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT		
Beef		
Minced Beef	8 to 11	Turn meat over two or three times during defrosting.
Roast: Topside	12 to 15	
Beef Tenderloin	12 to 15	Halfway through the defrost cycle break apart minced beef,
Chuck or Rump	10 to 13	separate chops and remove meat that is defrosted.
Sirloin, rolled	11 to 14	
Steak	8 to 10	Shield edges and unevenly shaped ends of roasts halfway
Miscellaneous	8 to 12	through the defrost cycle.
Pork/Lamb		
Roast	9 to 12	Large roasts may still be icy in centre. Allow to stand.
Chops	8 to 11	
Ribs	8 to 12	
POULTRY		Turn poultry over two to four times during defrosting.
Chicken		Halfway through the defrost cycle shield end of drumsticks,
whole	9 to 12	wings, breast bones, and ends of poultry with foil.
pieces	8 to 11	
fillets	8 to 10	Break apart chicken pieces and remove small pieces such
Duck	10 to 12	as wings, that may defrost before larger pieces.
Turkey	10 to 13	
		Rinse poultry under cold water to remove ice crystals.
		Allow to stand for 5 to 10 minutes before cooking.
FISH & SHELLFISH		
Fish Fillets	9 to 11	Halfway through the defrost cycle, turn whole fish or blocks
Whole Fish	9 to 12	of fillets over. Also, break apart prawns or scallops.
Crabmeat	8 to 10	Remove any pieces that are defrosted.
Lobster Tails	8 to 10	
Sea Scallops	8 to 10	Allow to stand 5 to 10 minutes before cooking.
Green Prawns	10 to 12	

To Cook on Grill

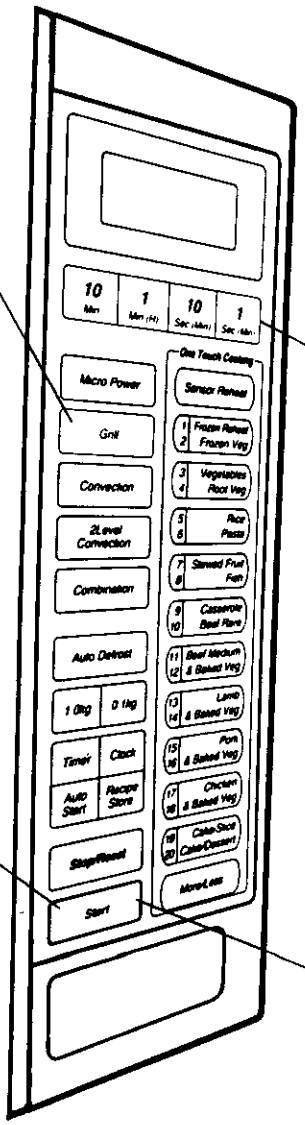


There are two Grill settings available.
Grill 1(HIGH) is suitable for grilling meat, chicken and fish fillets.
Grill 2 (LOW) is ideal for grilling whole fish and oven bake chips and browning cheese and egg dishes.

Place a heatproof glass or ceramic dish under the rack to catch any drips from the roast.

1 Select Grill Power

Grill 1 (High) or Grill 2 (Low) can be selected.



2 Press

- The oven begins to preheat. Do not open the door during preheating.

3 Place the Food

At the completion of preheating, 3 beeps will be heard and "PREHEAT END" rolls across the screen.

4 Set Time

(up to 99 minutes and 99 seconds)

5 Press

- Cooking will start.

NOTES:

1. If the oven door is not opened while preheating, the oven will maintain the selected Grill Power for 70 minutes from the begining of preheating. After 70 minutes, the oven will shut off automatically and revert to the time of day.
2. If preheating is not required for the food you are cooking, eliminate step 2.

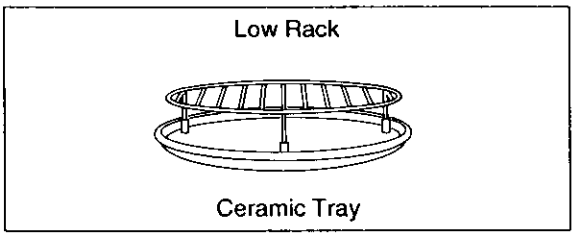
To Cook on Convection

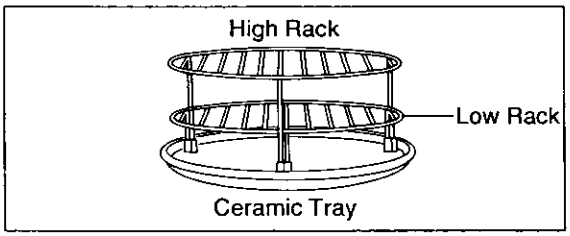
One Level Convection:

Just like a conventional oven, the convection oven has a heating element to give the dry heating needed to produce crisp, browned exteriors. Convection cooking has the addition of a fan to produce conventional results with a slightly reduced cooking time. Convection cooking temperatures range from 100°C to 250°C. Most conventional recipes will be suitable for use. Follow the minimum suggested cooking times and add additional time if required. Convection recipes are also available throughout the recipe section.

Two Level Convection:

Two Level Convection is available for when you wish to cook a larger quantity of food. The entire oven cavity may then be utilised. For example, cooking two trays of biscuits or two sponge cakes. Foods placed on lower rack may require a slightly longer cooking time than those on the high rack.





1 Select the desired oven temperature

e.g. [Convection]

2 Press

[Start]

▶ The oven begins to preheat. Do not open the door during preheating.

3 Place the Food

After preheating 3 beeps will be heard and "PREHEAT END" rolls across screen.

4 Set Cooking Time

[10 | 1 | 10 | 1]

(up to 9 hours and 99 minutes)

5 Press

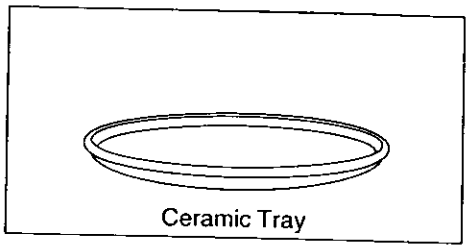
[Start]

▶ Cooking will start.

NOTES:

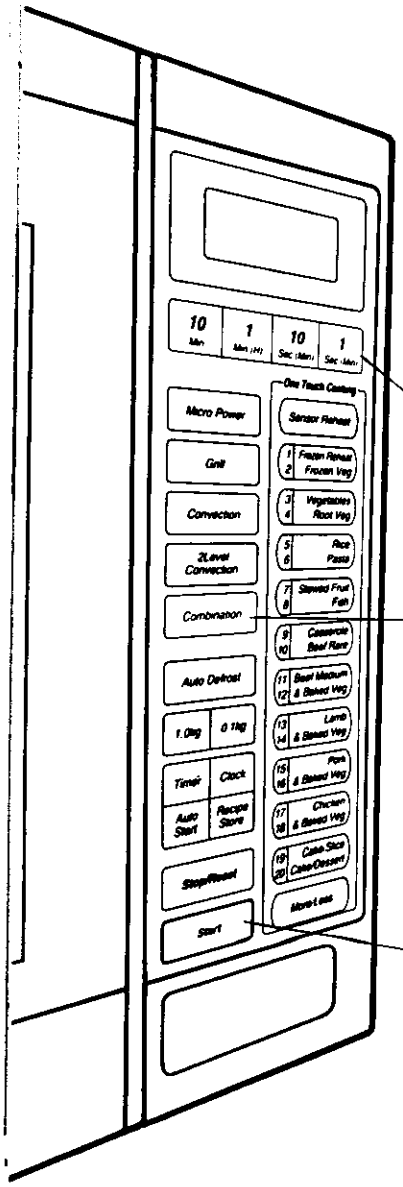
1. If the oven door is not opened while preheating, the oven will maintain the selected temperature for 70 minutes from the beginning of preheating. After 70 minutes, the oven will shut off automatically and revert to the time of day.
2. If preheating is not required for the food you are cooking, eliminate step 2.
3. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
4. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then counts down by minutes and seconds.

To Cook on Combination



Ceramic Tray

There are 6 combination settings.
To select the correct programme for particular foods, refer to next page.



1 Select Setting

▶ COMB 1 - 6 and the programme temperature appears on the screen.

2 Set Cooking Time

(up to 9 hours and 99 minutes)

3 Press

▶ Cooking will start.

NOTES:

1. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
2. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H00 (1 hour)" remains. The display then indicates counts down by minutes and seconds.

Combination cooking is ideal for roasting meats, poultry and cooking cakes, pastries and slices. Combination cooking automatically alternates between Convection and Microwave heating.

The advantage of Combination cooking is that it gives you the browning of Convection and often shortens the conventional cooking time. Time is also reduced as preheating is not required.

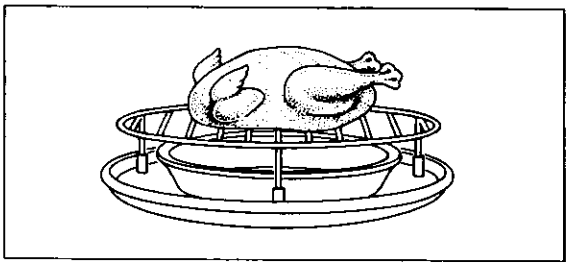
To calculate cooking time start by cooking for approximately 2/3 of the conventional cooking time and add additional time if required. For examples of recipes and cooking times, consult recipes in the recipe section.

Ovenproof cookware, including glass and ceramic is suitable for use on Combination cooking. Cakes, slices, desserts etc. may be cooked in metal cookware providing there is suitable quantity of food to be absorbed by the microwave heat. For example, do not place a small amount of food in a large metallic dish as arcing may occur.

When cooking by Combination, place dishes to be cooked on the ceramic tray. When roasting meat, the roasts may be placed directly on the low rack.

For crispy jacket potatoes, roast vegetables and chicken pieces place directly on the low rack. Sausages and rissoles may also be cooked in this way.

Place a heatproof glass or ceramic dish under the rack to catch any drips from the roast. Alternately, elevate the roast on a rack in a baking dish and place directly on the ceramic tray.

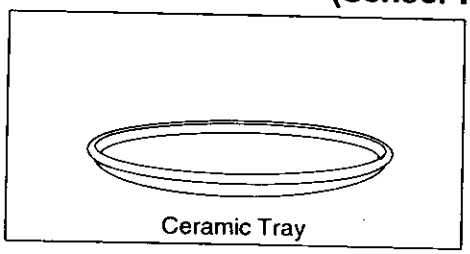


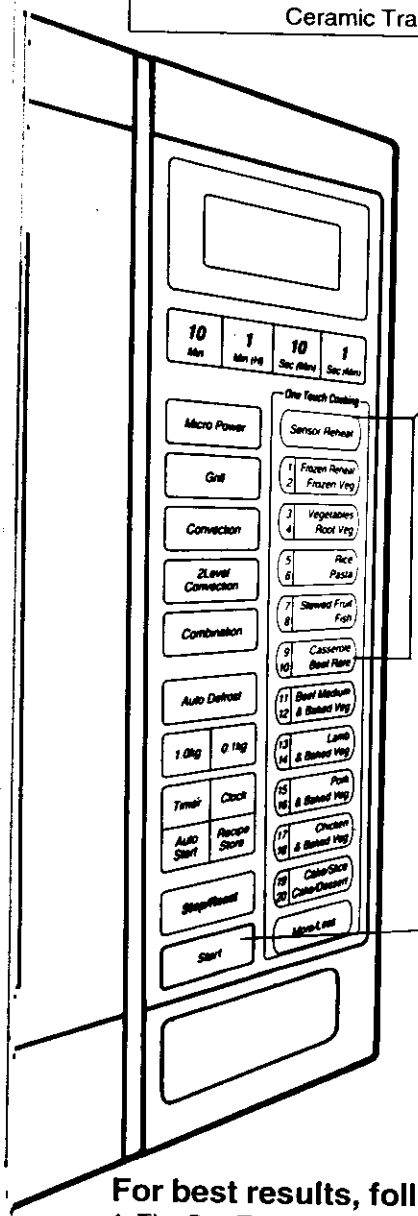
Examples of foods to cook by Combination mode

Combination Setting	Foods Suitable	Oven Temperature	Micro Power Level
COMB 1	Casseroles, pot roasts, meat loaves, corned meat	150°C	LOW
COMB 2	Quiche, baked custards, rice pudding	160°C	LOW
COMB 3	Cakes, self saucing pudding, layered slices, apple pie	170°C	LOW
COMB 4	Single layer slices, light cakes, roast lamb	180°C	LOW
COMB 5	Roast pork, roast beef, jacket potato, turkey, duck, garlic bread, chicken piece casseroles, lasagne reheating sweet/savoury pies, reheating muffins	200°C	MEDIUM-LOW
COMB 6	Pastries, bread, grilling sausages and rissoles, whole chicken, chicken pieces, pizzas, reheating croissants	230°C	LOW

To Reheat / Cook by One Touch Cooking

(Sensor Reheat and Category 1-9)





Sensor Reheat/Cook

This feature allows you to reheat/cook most of your favourite foods without having to select cooking times and power levels. The oven does it all automatically.

1 Press

To select the lower food category, press twice.

e.g.

1	*Frozen Reheat*
2	*Frozen Veg*

Press twice for Frozen Vegetables.

▶ Category and "PRESS START" appears in the display window.

More/Less Pad

Preferences for food doneness vary with each individual. After having used One Touch Cooking a few times, you may decide you would prefer your food cooked to a different doneness. By using the More/Less Pad, the programmes can be adjusted to cook food for a longer or shorter time.

1 tap: More cooking

2 taps: Less cooking

Press More/Less Pad after selecting category and before pressing Start Pad.

2 Press

▶ After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.

For best results, follow these recommendations:

1. The One Touch Sensor Cooking works by detecting the amount of steam generated by the food being cooked. From this steam generated, the oven then calculates the remaining cooking time.
2. When an Auto Programme has been selected, the category will appear in the display window.
3. The door should not be opened before the time appears in the display window.
4. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
5. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate results may occur.
6. If the oven has been previously used on CONVECTION, COMBINATION or GRILL, and it is too hot to be used on a Sensor Programme, a "HOT" will appear in the display window. The cooking fan will operate to cool the oven rapidly. After the "HOT" disappears, the programme may be used. If you are in a hurry, cook food manually i.e. select the correct Micro Power Level and cooking time yourself.

SENSOR REHEAT (200 g - 1.2 kg)

- All foods must be pre-cooked.
- Foods should be at room or refrigerated temperatures.
- Stirrable foods are recommended.
- Place in a suitably sized dish (approximately 3/4 full).
- Dish should be covered with plastic wrap or a fitting lid.
- Stir food after removal from oven.
- Allow 2 to 3 minutes standing time.
- Do not reheat in foil or plastic containers.

1 FROZEN REHEAT (200 g - 1.0 kg)

- All foods must be precooked and frozen.
- Stirrable foods are recommended.
- Remove food from manufacturers' packaging and place in a suitably sized dish.
- Dish should be covered with plastic wrap or a fitting lid.
- Where possible, stir foods when the cooking time is displayed.
- At the completion of cooking, stir foods and allow 2 to 3 minutes standing time.

2 FROZEN VEGETABLES (125 g - 1.0 kg)

- Place in a suitably sized dish and cover with plastic wrap or a fitting lid.
- Larger vegetables are placed in a single layer and select a shallow dish for these.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear slightly dehydrated or a softer texture is desired.
- Do not add salt before cooking.
- At the completion of cooking, stir larger quantities and allow to stand for 2 to 3 minutes.

3 VEGETABLES (125 g - 1.0 kg)

4 ROOT VEGETABLES (125 g - 1.0 kg)

- Vegetables should be trimmed, prepared and cut into even sized pieces.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear slightly dehydrated or a softer texture is desired.
- Place in a suitably sized dish and cover dish with plastic wrap or a fitting lid.
- If desired, butter, herbs, etc. may be added but do not add salt until the completion of cooking.

5 RICE (100 g-1/2 cup - 600 g-3 cups)

- Use a larger sized dish to prevent rice from boiling over.
- Use cold water at a ratio of:
  1/2 cup rice / 1 cup water
  1 cup rice / 1 1/2 cups water
  2 cups rice / 3 cups water
- Cover with plastic wrap or a fitting lid.
- When the cooking time appears in the display window, remove plastic wrap or lid.
- At the completion of cooking, allow 5-10 minutes standing time.

6 PASTA (125 g - 500 g)

- Suitable for cooking dried pasta.
- Place pasta and water in a large size dish to prevent from boiling over.
- Use boiling water at the ratio of,
  125 g pasta / 3 cups water
  250 g pasta / 4 cups water
  375 g pasta / 6 cups water
  400 g pasta / 7 cups water
  500 g pasta / 8 cups water
  add 1 teaspoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover with plastic wrap or a fitting lid.
- When the cooking time is displayed, remove the cover.
- Stand for 5-10 minutes at the completion of cooking time.

7 STEWED FRUIT (125 g - 2.0 kg)

- The addition of water and sugar is optional as most fruit will yield juice as it cooks.
- If liquid is required to produce a softer result, add approximately 1/4 cup per 250 g.
- A sugar syrup may be made by combining 1/4 cup of caster sugar with 1/2 cup of water and cooking on HIGH for 2 to 3 minutes, stirring once to dissolve.
- Place prepared fruit to be cooked in an appropriately sized dish and cover with plastic wrap or a fitting lid.

8 FISH (250 g - 1.0 kg)

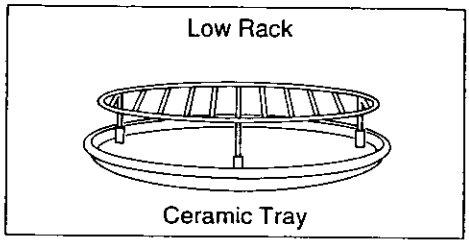
- Suitable for cooking whole fish, fish fillets and cutlets.
- Select fish suitable for microwave cooking and place skin side down in a shallow dish.
- Overlap thin ends of fillets to prevent overcooking.
- Shield the eye and tail area with small amounts of aluminium foil to prevent overcooking.
- Cover dish with plastic wrap or a fitting lid.
- Allow larger quantities of fish to stand for 3 to 5 minutes at the completion of cooking.
- For dense pieces of fish, slightly extra cooking time should be allowed by pressing "MORE" pad.

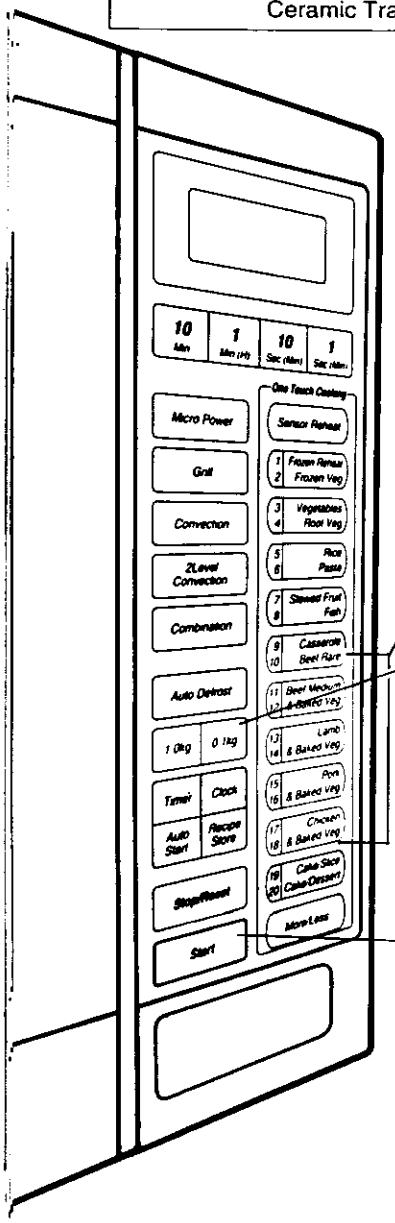
9 CASSEROLE (500 g - 2.5 kg)

- Select less tender cuts of meat as these will produce the best results.
- Cut meat and vegetables into even sized pieces.
- Place into a suitably sized dish (approx. 3/4 full).
- Add approximately 1/2 to 1 cup of stock or soup per 500 g meat.
- Ensure that a casserole dish with a lid is used. DO NOT USE PLASTIC WRAP, as the heater could melt the wrap.

To Cook by One Touch Cooking

(Category 10-18)





Weight Cook

This feature allows you to cook most of your favourite foods by setting the weight.

1 Press

To select the lower food category, press twice.

e.g. 11 *Beef Medium* 12 *& Baked Veg*

Press twice for Beef Medium & Baked Vegetables.

▶ Category and "SET WEIGHT" appear in the display window.

2 Set Weight

Weight must be programmed in kilograms and tenths of kilogram.

If you wish to adjust the cooking time, press More/Less Pad (See page 22).

3 Press

▶ Cooking time appears in the display and begins to count down.

During cooking, the oven will beep and scroll "TURN OVER" to signal that the food needs to be turned or re-arranged.

NOTES:

1. These settings are cooked by Combination (Convection and Microwave).
2. When the weight has been entered, the cooking times will be determined.
3. When using settings 12, 14, 16 and 18, enter the weight of the meat only.
   If potatoes are not sufficiently crispened at the completion of cooking, remove roast from oven and leave potatoes on the rack. Programme Grill 1 for 10 minutes (It is not necessary to preheat).
4. Roasts weighing above or below the recommended weights should be cooked by manual combination (see page 20).

10 BEEF RARE (750 g - 3.0 kg)

11 BEEF MEDIUM (750 g - 3.0 kg)

- Select roasts that are even in shape, if not, tie roasts with string, to aid with even cooking.
- Place the beef fat side down on the low rack, with a shallow dish underneath to collect drips.
- Turn the beef approximately halfway through cooking time.
- At the completion of cooking, wrap in aluminium foil and allow to stand for 10-15 minutes before carving.

12 BEEF MEDIUM AND BAKED VEGETABLES

(750 g - 3.0 kg (meat only))

- Select roasts that are even in shape, if not, tie roasts with string, to aid in even cooking.
- Place beef fat side up on the low rack with a shallow dish underneath to collect the drips.
- Cut vegetables into even sized pieces.
- For roasts weighing 1.1 kg or less, position all vegetables around the outside of the rack. Brush with melted butter or oil.
- For roasts weighing more than 1.1 kg, position potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after 1/3 of the cooking time is complete.
- There is no need to turn the meat or vegetables during the cook time. Vegetables may require basting halfway through the cooking time.
- At the completion of the cooking time, wrap the beef in aluminium foil and allow to stand for 10-15 minutes before carving.

13 LAMB (750 g - 3.0 kg)

- Place the lamb fat side down on the low rack with a shallow dish underneath to collect drips.
- Turn the lamb over approximately halfway through cooking time.
- At the completion of the cooking time, wrap the meat in aluminium foil and allow to stand for 10-15 minutes before carving.
- Boneless roasts may require an additional 5-10 minutes cooking time: Micro Power MEDIUM.

14 LAMB AND BAKED VEGETABLES

(750 g - 3.0 kg (meat only))

- Place lamb fat side up on the low rack with a shallow dish underneath to collect the drips.
- Cut vegetables into even sized pieces.
- For roasts weighing 1.4 kg or less, position all vegetables around the outside of the rack. Brush with melted butter or oil.
- For roasts weighing more than 1.4 kg, place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after 1/3 of the cooking time is complete.
- There is no need to turn the meat or vegetables during the cooking time.
- At the completion of the cooking time, wrap the lamb in aluminium foil and allow to stand for 10 minutes before carving.

15 PORK (750 g - 3.0 kg)

- Select roasts that are uniform in shape, if not, tie roasts with string, to aid with even cooking.
- Place the pork crackling side up on the low rack with a shallow dish underneath to collect drips.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- There is no need to turn the pork during the cooking time.
- At the completion of cooking time, wrap the pork in aluminium foil and allow to stand for 10-15 minutes before carving.

16 PORK AND BAKED VEGETABLES

(750 g - 3.0 kg (meat only))

- Select roasts that are uniform in shape, as this will produce the most evenly cooked result.
- Place crackling side up on the low rack with a large shallow dish underneath to collect the drips.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- Prepare vegetables and cut into even sized pieces.
- For roasts weighing 1.2 kg or less, place all vegetables around the outside of the rack. Brush with melted butter or oil.
- For roasts weighing more over 1.2 kg, place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after 1/3 of the cooking.
- There is no need to turn the meat or vegetables during the cook time. Potatoes may require additional basting halfway through cooking time.

To Cook by One Touch Cooking

17 CHICKEN (750 g - 3.0 kg)

- To keep poultry in shape during cooking, truss or tie the legs of the bird together.
- Place the chicken breast side up on the low rack, with a shallow dish underneath to collect the drips.
- If desired, brush the chicken with oil or melted butter and sprinkle with herbs.
- There is no need to turn the chicken during the cooking time. If desired, baste the chicken halfway through cooking.
- At the completion of cooking, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

18 CHICKEN AND BAKED VEGETABLES

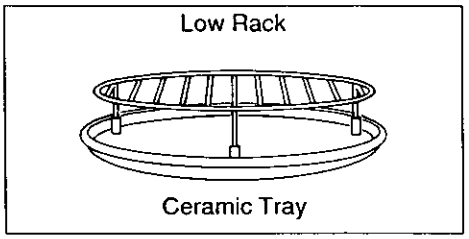
(750 g - 3.0 kg (meat only))

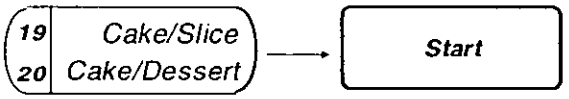
- To keep poultry in shape during cooking, truss or tie the legs of the bird together. Brush with melted butter and sprinkle with herbs if desired.
- Place the chicken breast side up on the low rack with a shallow dish underneath to collect the drips.
- Prepare the vegetables into even sized pieces.
- For chickens weighing 1.1 kg or less, place all vegetables around the outside of the rack. Brush with melted butter or oil.
- For chickens weighing more than 1.1 kg, place potatoes around the outside of the rack. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after 1/3 of the cooking time.
- There is no need to turn the chicken or vegetables during the cooking. If desired, baste the chicken and potatoes with melted butter halfway through cooking.
- At the completion of the cooking time, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

To Cook by One Touch Cooking

(Category 19 and 20)

Auto Cook





- **Select category 19 or 20.**
- **Press.**
  ▶ Time appears in the display and begins to count down.

19 CAKE/SLICE

- This setting is designed for cooking single layer slices and light cakes which are cooked at a moderate temperature.
- Metal cookware may be used. Position the dish to be cooked on the low rack, placed on the ceramic tray.
- Preheating is not required.

20 CAKE/DESSERT

- This setting is designed for cooking layered slices and heavier cakes such as Banana which are cooked at a moderate temperature. It is also suitable for cooking desserts such as apple pie and self saucing puddings.
- Metal cookware may be used. Position the dish to be cooked on the low rack, placed on the ceramic tray.
- Preheating is not required.

To Set Stand Time

Using the Timer Pad, you can programme 1) a Stand Time after cooking is completed or 2) a minute timer.

e.g.

- **Select the desired cooking programme.**
- **Press Timer Pad.**
- **Set the desired amount of time. (up to 99 minutes 99 seconds)**
- **Press Start Pad.**

NOTES:

1. Three stage cooking can be programmed including a Stand Time.
   e.g. High Power 4 min. → Stand Time 5 min. → High Power 2 min.
2. If the oven door is opened during the Stand Time, the time in the display window will continue to count down.
3. This feature may also be used as a timer. In this case, eliminate first step.

To Set Auto Start

This feature allows you to programme the time of day you wish cooking to start.
This feature cannot be programmed unless the clock is set.

e.g.

- **Select the desired cooking programme.**
- **Press Auto Start Pad.**
- **Set the Time of day you want the oven to begin cooking. (Max time available is 12:59)**
- **Press Start Pad.**

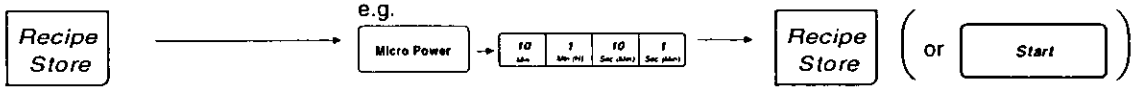
NOTE:

All cooking modes may be programmed except One Touch Cooking and Auto Defrost.

To Use Recipe Store Pad

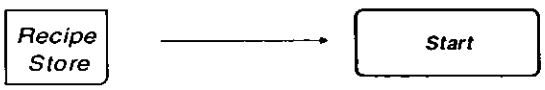
This feature allows you to conveniently program one recipe program into memory.

To Program:



- **Press Recipe Store Pad.**
- **Set desired cooking program.**
- **Press Recipe Store Pad. If you press Start Pad instead of Recipe Store Pad, cooking will start and cooking program is set.**

To Start Recipe Program:



- **Press Recipe Store Pad.**
- **Press Start Pad.**

NOTES:

1. Auto Control Functions cannot be programmed into Recipe Store.
2. A new recipe program will cancel the recipe program previously stored.
3. The recipe program will be cancelled if the oven is unplugged.

Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

Food Characteristics

Size and Quantity
Small portions cook faster than large portions.
As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.

Starting Temperature
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition
Porous, airy foods (cakes and breads) take less time to cook than heavy compact foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Techniques for Preparation

Timing
A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

Rearranging or Turning
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers
Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods
Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Covering
Covering food minimises the microwave cooking time.
Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam. Wax paper and paper towels hold the heat in, but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover, when steam is not needed for tenderising.

Browning
Meats and poultry, cooked longer than 10 to 15 minutes, brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce, or soy sauce. Simply brush one of these sauces over meat or poultry before cooking.
Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves in or outside your microwave oven.
Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.
The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.
The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time to one quarter or a third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on a medium power in your microwave oven.
Use similar microwave recipes to help you adapt conventional recipes. Remember it is always best to undercook a recipe and then add an extra minute or two to finish it off.
Here are some other tips that may help:
* Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1 cup (250 ml) should be reduced to 1/2 cup (125 ml).
* Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
* Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
* Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
* If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and capsicum (green/red peppers) are examples.
* If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
* Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
* Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
* Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
* Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)
Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time.
The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.
A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.
It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meal as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on MEDIUM-HIGH, at 2 minutes per serving.
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.
Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on HIGH for approximately 10 to 15 minutes for a serving for four people. Remember, if you increase the quantity of vegetables, increase the cooking time.
Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.
If vegetables are cut to a similar size to each other, they can be cooked in separate ramekins or small dishes at the same time.

Handy Hints and Tips

- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on HIGH for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a paper towel, and cook on HIGH for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoons butter and heat on HIGH for 1 to 2 minutes, stirring occasionally.
- When heating 100 g baby food, select HIGH for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on LOW for 1/2 to 1 minutes per 1/2 cup.
- Refrigerated cheese (250 g) can be heated to room temperature on MEDIUM for 1/2 to 1 minute, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 g broken chocolate in a 4 cup glass jug and heat on MEDIUM for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odours, combine 1/2 teaspoon vanilla essence with 1 cup water in a small bowl and heat on HIGH 4 to 5 minutes. Wipe oven interior with a damp cloth.
- To toast 1 cup almonds place onto a plate and heat on HIGH for 2 to 3 minutes, stirring every minute.
- To dry herbs, arrange 1/2 cup of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on HIGH for 1 to 3 minutes, or untill dry and crumbly. Check herbs frequently as timings may vary with different herbs. Please note that herbs dry and crumble on standing outside the microwave oven.
- To soften dried fruit, place 1 cup of dried fruit into a small bowl. Add 2 tablespoons of water, cover with plastic wrap and cook on HIGH for 2 to 3 minutes.
- To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on HIGH for 1 1/2 minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.
- To dry fresh breadcrumbs (1 cup), spread on the base of a plate and heat on HIGH for 2 to 3 minutes, stirring twice during heating.

Key to Symbols Used in Recipes

C	Convection
G	Grill
MC	Manual Combination
A	One Touch Cooking
No Symbol	Microwave only

Everyday Basics

Cheesy Ham Omelette

Boiled Egg

Eggs cooked in their shells in a microwave oven can, and often do, explode due to the build up of internal pressure. However, by following the instructions given here, you can boil an egg successfully. Just take care to use foil as instructed below.

Ingredients:

1	egg (medium size)	1
1/2 cup	hot water	125 ml
	aluminium foil	

Method:
Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup (250 ml) glass jug with 1/2 cup (125 ml) hot water. Cook on HIGH — For soft boiled 4 to 5 minutes — For hard boiled — 5 to 6 minutes. Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.

Tip: While microwaving boiled eggs does not save you time, it does save you electricity and , best of all, washing up. All you have to do if you want more than one egg, is use a larger dish, more water (say, Two cups) and cook a little longer (an extra 2 to 4 minutes).

Scrambled Eggs

Serves: 2

Ingredients:

4	eggs (medium size)	4
4 tablespoons	milk	60 ml
	pinch salt	

Method:
In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on MEDIUM-HIGH for 1 1/2 to 2 minutes. Stir eggs and cook for a further 1 1/2 to 2 minutes. Stand covered for 1 minute before serving.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:

3	eggs, separated	3
2 tablespoons	milk	30 ml
	salt and pepper	
1/4 cup	grated cheese	60 ml
50 g	ham, cut into strips	50 g
1	shallot (spring onion), finely sliced	1
	butter for greasing	

Method:
Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and shallot (spring onion). Place onto a well greased dinner plate.
Cook on MEDIUM for 4 to 5 minutes.
Stand for 2 minutes before folding in half to serve.

Poached Eggs

Serves: 2

Ingredients:

2	eggs (medium size)	2
1/2 cup	hot tap water	125 ml
	dash of vinegar	
	pinch of salt	

Method:
Place one quarter of a cup (60 ml) of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls.
Cook water on HIGH for 1 1/2 minutes.
Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times.
Cover dish with plastic wrap and cook on MEDIUM for 30 to 40 seconds.
Stand covered for 1 minute before serving.

Note: The size of the egg will alter cooking time.

Fried Eggs

A good recipe for the browning dish.

Serves: 1 to 4

Ingredients:

1 to 4	eggs (medium size)	1 to 4
1 to 2 tablespoons	butter	15 to 30 ml

Preheat a browning dish on HIGH for 4 to 5 minutes. Add butter. Break eggs into browning dish. Cook on HIGH for:
1 egg–15 to 20 seconds
2 eggs–20 to 30 seconds
4 eggs–30 to 40 seconds
Allow to stand for 1 minute before serving .

Bacon

Serves: 1 to 2

Ingredients:

2	rashers of bacon	2

Method:
Place rashers between two sheets of paper towel on a dinner plate. Cook on HIGH for 2 to 3 minutes.

Porridge

Serves: 1

Ingredients:

1/4 cup	quick cooking oats	60 ml
2/3 cup	water	165 ml
1/4 teaspoon	salt	1 ml

Method:
Combine all ingredients in a breakfast bowl. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Hot Lemon and Honey Drink

Makes: 1

Ingredients:

	juice of 1/2 lemon	
1 tablespoon	honey	15 ml
3/4 cup	water	190 ml

Method:
Mix all ingredients in a 2-cup (500 ml) heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

Tea

Serves: 1

Ingredients:

3/4 cup	hot tap water	190 ml
1	teabag	1

Method:
Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

Coffee

Serves: 1

Ingredients:

3/4 cup	water	190 ml
1 to 2 teaspoons	instant coffee	5 to 10 ml

Method:
Pour water into a heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

Hot Cocoa

Makes: 1 cup (250 ml)

Ingredients:

2 teaspoons	cocoa powder	10 ml
1 teaspoon	sugar	5 ml
2 tablespoons	water	30 ml
3/4 cup	milk	190 ml

Method:
Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on MEDIUM-HIGH for 1 to 2 minutes.

Grilled Cheese on Toast

Serves: 2 to 4

Ingredients:

4	slices breads	4
	butter for spreading	
4	slices tasty cheese	4

Method:
Preheat oven on Grill 1.
Cook one side of bread on Grill 1 for 3 minutes.
Spread untoasted side with butter and top with cheese slices.
Cook on Grill 1 for 3 to 5 minutes.

Muesli

Makes: 4 cups

Ingredients:

1/3 cup	honey	85 ml
2 tablespoons	butter	30 ml
2 cups	rolled oats	500 ml
1/2 cup	unprocessed bran	125 ml
1/2 cup	shredded coconut	125 ml
1/3 cup	nuts, chopped	85 ml
1/3 cup	sunflower seeds	85 ml
1/2 cup	dried mixed fruit	125 ml

Method:
Warm honey and butter in a large dish on HIGH for 1 to 1 1/2 minutes. Add dry ingredients and mix well. Cook on HIGH for 5 to 6 minutes, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

Boiled Rice

Serves: 4

Ingredients:

1 cup	long grain rice	250 ml
1 1/2 cups	hot tap water	375 ml
1/2 teaspoon	salt	2 ml

Method:
Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 10 to 12 minutes. Stand covered for 10 minutes. Drain and serve.

Tip: Butter and parsley can be mixed through before serving.

Boiled Brown Rice

Serves: 3 to 4

Ingredients:

1 cup	brown rice	250 ml
4 cups	boilling water	1 litre
1/2 teaspoon	salt	2 ml

Method:
Place all ingredients in a 4-litre dish. Cook uncovered on HIGH for 22 to 25 minutes. Stand covered for 10 minutes. Drain and rinse under hot water.

Gravy

Makes: 2 cups (500 ml)

Ingredients:

2 tablespoons	dripping or pan juices	30 ml
1	small onion, finely chopped	1
2 tablespoons	flour	30 ml
1 tablespoon	tomato paste	15 ml
1 1/2 cups	beef stock	375 ml
	salt and pepper	

Method:
Place dripping or pan juices and onion in a 2-cup (500 ml) jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

Basic White Sauce

Makes: 1 cup (250 ml)

Ingredients:

2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
	salt and white pepper	
1 1/4 cups	milk	310 ml

Method:
Place butter in a 4-cup (1 litre) jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring twice.

Tip: For cheese sauce, stir in 1/2 cup (125 ml) grated cheese once sauce has thickened.

Pasta

Serves: 1 to 2

Ingredients:

125 g	dried pasta	125 g
4 cups	hot tap water	1 litre

Method:
Place pasta and water in a 2 to 3 litre casserole dish. Cook uncovered on HIGH for 6 to 8 minutes. Allow to stand for 3 to 5 minutes before draining.

Vegetable Soup

Serves: 4 to 6

Ingredients:

500 g	prepared vegetables of your choice (carrots, turnips, celery, etc.) finely chopped	500 g
1	onion, chopped	1
2 tablespoons	butter	30 ml
2 tablespoons	plain flour	30 ml
3 1/2 cups	chicken stock	875 ml
	salt and pepper	
3 tablespoons	parsley, chopped	45 ml

Method:

Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup (1 litre) jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup (250 ml) of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

Baked Custard

Serves: 4 to 5

Ingredients:

425 ml	milk	425 ml
3	eggs, lightly beaten	3
1/4 cup	sugar	60 ml
1 teaspoon	vanilla essence	5 ml
	pinch ground nutmeg	

Method:

Place milk in a 4-cup (1 litre) glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on MEDIUM-LOW for 14 to 16 minutes. Stand covered for 5 minutes before serving.

Popcorn

Serves: 2 to 4

Ingredients:

2 teaspoons	butter	10 ml
3 tablespoons	popping corn	45 ml

Method:

Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on HIGH for 2 minutes.
Remove from bag and serve sprinkled with salt.

Packet Cake

Serves: 4 to 6

Ingredients:

1 packet cake mix (340 g)
ingredients as recommended by manufactures

Method:

Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into 20 cm round dish that has been lightly greased and lined. Cook on MEDIUM for 6 to 8 minutes. Stand and allow to cool before removing.

Variations:

1 tablespoon (15 ml) jam added to batter before cooking.

Add 1 cup (250 ml) sour cream to batter and half water suggested by manufacturer.

Half a cup (125 mL) chopped nuts, 1/4 cup (60 ml) brown sugar and 1 teaspoon (5 ml) cinnamon. Mix and place on base of cake dish before cooking cake.

2 tablespoons (30 ml) honey and 30 g butter melted in glass jug, cook on HIGH for 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup (60 ml) toasted muesli mixed with 1 tablespoon (15 ml) marmalade and placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwaves will do the aerating.

Soups, Snacks and Starters

Pea and Ham Soup

Serves: 6 to 8

Ingredients:

500 g	split peas	500 g
2 cups	water	500 ml
500 g	ham or bacon bones	500 g
1	bay leaf	1
3 cups	water, extra	750 ml
2	rashers bacon, rind removed	2
1	medium sized carrot, peeled and diced	1
1	large onion, peeled and diced	1
1/2 teaspoon	thyme	2 ml
6 cups	chicken or bacon stock	1,5 litres

Method:

Soak peas in 2 cups (500 ml) of water for at least 1 hour. Drain. Place peas and 3 cups (750 ml) of fresh water in a 4-litre casserole dish with bones and bay leaf. Cook covered on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bay leaf. Place bacon between 2 sheets of paper towel on a dinner plate and cook on HIGH for 2 to 3 minutes. Crumble bacon with your fingers. Place meat from bones, carrot and onion in a small dish and cook on HIGH for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 15 minutes. Serve hot in individual bowls.

French Onion Soup G

Serves: 8

Ingredients:

30 g	butter	30 g
750 g	onions, peeled and thinly sliced	750 g
2 tablespoons	flour	30 ml
4 cups	beef stock	1 litre
1/2 cup	white wine	125 ml
	freshly ground black pepper	
1	small French stick, cut into 12 slices	1
125 g	grated Swiss cheese	125 g

Method:

Place butter in a 3-litre casserole dish. Cook on HIGH for 1 minute. Add onions and cook on HIGH for 6 to 8 minutes. Add flour, stir well and cook on HIGH for 1 minute. Gradually stir in stock, wine and black pepper. Cook on HIGH for a further 10 to 12 minutes. Preheat oven on Grill 1. Place slices of bread on the low rack and cook on Grill 1 for 1 to 2 minutes. Place bread on top of soup and sprinkle with cheese. Cook on Grill 1 for 2 to 3 minutes or until cheese is melted and is slightly golden.

Tomato Soup

Serves: 4 to 6

Ingredients:

2	rashers bacon, rind removed and bacon chopped	2
30 g	butter	30 g
1 kg	ripe tomatoes, peeled and chopped	1 kg
1	onion,sliced	1
1	carrot, sliced	1
2 1/2 cups	chicken stock	625 ml
1 teaspoon	oregano	5 ml
	salt and pepper	

Method:

Cook bacon between 2 sheets of paper towel on a dinner plate on HIGH for 2 to 3 minutes. Place butter in a 4-litre casserole dish and cook on HIGH for 30 to 60 seconds. Add bacon and vegetables. Cook on HIGH for 8 to 10 minutes. Pour in stock and oregano. Cover and cook on HIGH for 15 minutes. Purée in a food processor or blender. Season to taste with salt and pepper. Serve in individual soup bowls.

Mushroom Soup

Serves: 4

Ingredients:

1 tablespoon	butter	15 ml
250 g	mushrooms, sliced	250 g
1 tablespoon	flour	15 ml
2 cups	chicken stock	500 ml
1/4 cup	white wine	60 ml
1 teaspoon	mustard	5 ml
1/2 cup	cream	125 ml

Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on HIGH for 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms and mix well. Cover and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed if preferred.

Croutons G

Serves: 4 to 6

Ingredients:

4 tablespoons	butter	60 ml
12	slices bread, crusts removed	12
1 teaspoon	mixed herbs (optional)	5 ml

Method:

Melt butter on HIGH for 1 minute. Preheat oven on Grill 1. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes. Mix well and place on a baking tray. Place on the low rack. Cook on Grill 1 for 3 to 4 minutes, turning halfway through cooking.

Pumpkin Soup

Pumpkin Soup

Serves: 2 to 4

Ingredients:

1 kg	pumpkin	1 kg
3/4 cup	water	190 ml
1	chicken stock cube	1
1	clove garlic, crushed	1
1 teaspoon	curry powder	5 ml
	salt and pepper	
2/3 cup	cream	165 ml
1 tablespoon	chopped chives	15 ml

Method:

Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces. Place pumpkin in a 2-litre casserole dish, add water, stock cube, garlic and curry. Cover and cook on HIGH for 15 to 20 minutes. Cool slightly. Purée pumpkin and liquid in a blender or food processor. Stir in salt and pepper and cream. Pour back into casserole dish. Cook on HIGH for 4 to 5 minutes. Spoon into individual serving dishes and garnish with chives.

Potato and Leek Soup

Serves: 4 to 6

Ingredients:

4	large potatoes, peeled, thinly sliced	4
1 1/2 cups	thinly sliced leeks	375 ml
2 teaspoons	dried thyme	10 ml
2 cups	hot chicken stock	500 ml
1 tablespoon	flour	15 ml
	salt and pepper	
1 1/2 cups	cream	375 ml

Method:

Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Cool slightly. Puree potato mixture in a food processor or blender, adding flour, salt, pepper and cream. Return to dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve hot, in individual bowls.

Vichyssoise

Serves: 4 to 6

Ingredients:

2	potatoes (approx. 350 g) peeled and thinly sliced	2
1 1/2 cups	thinly sliced leeks	375 ml
1 can (435 g)	cream of chicken soup	1 can (435 g)
1 tablespoon	flour	15 ml
	salt and pepper	
1 1/2 cups	cream	375 ml

Method:

Place potatoes, leeks and chicken soup in a 3-litre casserole dish. Cover and cook on HIGH for 12 to 14 minutes. Cool slightly. Purée potato mixture in a food processor or blender, adding flour, salt and pepper and cream. Return to dish. Cook on MEDIUM for 4 to 6 minutes. Serve hot or cold, in individual bowls.

Homous (Hummus)

Makes: Approximately 3 cups (750 ml)

Ingredients:

250 g	chick peas	250 g
8 cups	water	2 litres
2 tablespoons	lemon juice	30 ml
6	cloves garlic, crushed	6
3 tablespoons	olive oil	45 ml

Method:

Place chick peas and water in 4-litre casserole dish and soak overnight. Cover and cook on HIGH for 15 minutes. Then for a further 45 minutes on MEDIUM-HIGH. Place all ingredients into food processor and process for 6 to 8 minutes or until smooth. If mixture is too thick add extra water. Serve as a dip with blanched carrot, cauliflower and broccoli.

Potato and Corn Soup

Serves: 6 to 8

Ingredients:

6	rashers bacon, rind removed	6
1	onion, thinly sliced	1
500 g	potatoes, peeled and diced	500 g
4 cups	chicken stock	1 litre
1 can (440 g)	creamed corn	1 can (440 g)
2 tablespoons	flour, mixed with a little stock	30 ml
1/2 teaspoon	thyme	2 ml
	salt and pepper	

Method:

Chop bacon and place in a 4-litre dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on HIGH for 8 to 10 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Mix flour with 2 tablespoons (30 ml) of stock and add to dish with corn, thyme and bacon. Cook on HIGH for 4 to 6 minutes. Stir halfway through cooking. Season with salt and pepper.

Crab and Corn Soup

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	onion, finely chopped	1
425 ml	boiling chicken stock	425 ml
1 can (300 g)	creamed corn	1 can (300 g)
	salt and pepper	
1 can (170 g)	crabmeat, drained	1 can (170 g)
150 ml	milk	150 ml
3 tablespoons	cream	45 ml
	chopped parsley for garnish	

Method:

Place oil and onion in a 3-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on HIGH for 5 minutes. Add crabmeat and milk and mix well. Cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:

60 g	butter	60 g
2	onions, finely chopped	2
2 tablespoons	flour	30 ml
2 cups	milk	500 ml
1 cup	grated tasty cheese	250 ml
6 cups	cooked macaroni, drained well	1,5 litres
1/2 cup	extra grated tasty cheese	125 ml
	paprika	

Potato and Corn Soup

Method:

Place butter and onions in a 2-litre casserole dish and cook on HIGH for 5 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish.
Top with extra cheese and sprinkle with paprika. Cook on HIGH for 6 to 8 minutes.

Mini Quiches C

Makes: 45

Ingredients:

5	sheets ready rolled short crust pastry	5
2	eggs, beaten	2
1 cup	milk	250 ml
125 g	bacon, rind removed, bacon chopped	125 g
1	onion, finely chopped	1
	salt and pepper	
	paprika	

Method:

To Cook by Convection:

Preheat oven to 180°C. Cut pastry with a scone cutter and fit into 6 cm diameter patty tins. Beat together eggs and milk and add remaining ingredients except paprika. Place a tablespoonful of filling into each case. Sprinkle with paprika. Cook on 180°C for 20 to 25 minutes.

Terrine de Pork

Serves: 6 to 8

Ingredients:

1 kg	pork, cut into 2.5 cm cubes	1 kg
125 g	pork fat, cut into 2.5 cm cubes	125 g
1	egg, lightly beaten	1
2 teaspoons	mixed herbs	10 ml
1 tablespoon	chopped parsley	15 ml
1	onion, finely chopped	1
	freshly ground black pepper	
6	rashers bacon, rind removed	6

Method:

Feed pork and fat gradually into a food processor until finely minced. Combine meat with egg, herbs, parsley, onion and pepper. Line a 2-litre rectangular dish with bacon rashers. Firmly pack meat into bacon lined dish and fold bacon ends over top of meat.

Cook on MEDIUM-HIGH for 30 to 35 minutes. Stand to cool with a heavy weight on top. Serve cold, sliced, with bread or salad.

Nachos Supreme

Serves: 4 to 6

Ingredients:

500 g	topside mince	500 g
1	onion, chopped	1
35 g	packet Taco seasoning mix	35 g
1 can (140 g)	tomato paste	1 can (140 g)
1 teaspoon	Mexican chilli powder	5 ml
1 can (310 g)	red kidney beans, mashed in liquid	1 can (310 g)
180 g	packet corn chips	180 g
1	avocado	1
1/2 cup	sour cream	125 ml
1/2 cup	grated cheese	125 ml
	paprika	

Method:

Place meat and onion in a 2-litre dish. Cover and cook on MEDIUM-HIGH for 6 minutes. Mix with a fork breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on MEDIUM-HIGH for a further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Cook on MEDIUM-HIGH for 3 to 4 minutes.

Savoury French Sticks

Makes: 2

Ingredients:

2	short French sticks	2
1	small onion, chopped	1
2	rashers bacon, rind removed and bacon chopped	2
200 g	smooth ricotta cheese	200 g
4	eggs	4
1 cup	grated tasty cheese	250 ml
1/2 teaspoon	mixed dried herbs	2 ml
	cayenne pepper	

Method:

Cut sticks in half lengthwise. Scoop out the centres, leaving a small border. Place onion and bacon into a 2-litre dish and cook on HIGH for 2 to 3 minutes. Beat together cheeses, eggs and herbs. Add to onion mixture, combine well. Place rolls onto a flat plate and fill with egg mixture. Cook on MEDIUM-HIGH for 6 to 8 minutes, rearrange rolls halfway through cooking. Serve warm or allow to cool and slice as a snack.

Nuts and Bolts

Serves: 6 to 8

Ingredients:

60 g	butter	60 g
1/2 teaspoon	curry powder	2 ml
2 tablespoons	Worcestershire sauce	30 ml
1/2 teaspoon	salt	2 ml
1/4 teaspoon	garlic powder	1 ml
125 g	packet mixed rice crackers	125 g
200 g	salted peanuts	200 g
125 g	packet pretzel sticks	125 g
1 cup	Nutri- Grain	250 ml

Method:

Place butter, curry, Worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring twice through cooking. Serve in a bowl with drinks.

Quiche Lorraine C MC

Serves: 4 to 6

Ingredients:

Pastry:

1 1/4 cups	self-raising flour	310 ml
	pinch salt	
80 g	butter	80 g
2 tablespoons	water	30 ml
	squeeze lemon juice	
1	egg yolk	1

Filling:

4	rashers bacon, rind removed and bacon chopped	4
1/2 cup	grated tasty cheese	125 ml
3	eggs	3
350 ml	cream or evaporated milk	350 ml
	pinch nutmeg	

Method:

Pastry:

Sift flour with salt. Rub butter into flour until it resembles fine breadcrumbs.
Add water, lemon juice and egg yolk. Mix well. Turn onto a lightly floured board and knead lightly.
Roll out pastry to fit a 23 cm pie plate. Prick thoroughly. Chill for 30 minutes. Preheat oven to Convection 220°C. Bake blind for 15 to 20 minutes on Convection 220°C. Allow to cool slightly.

Filling:

Place bacon between two sheets of paper towel on a dinner plate.
Cook on HIGH for 4 minutes.
Sprinkle bacon and cheese on cooked pie shell.
Beat eggs, cream or evaporated milk and nutmeg and pour over bacon and cheese.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 8 to 10 minutes.
Sprinkle with paprika and serve.

To Cook by Combination:

Sprinkle with paprika then cook on Combination 2 for 20 to 25 minutes.

Frankfurters

Serves: 5

Ingredients:

10	frankfurters	10
1/4 cup	water	60 ml

Method:

Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish.
Cover dish with a lid or plastic wrap.
Cook on HIGH for 4 to 5 minutes.

Tip: To cook one frankfurter, prick and place on a dinner plate. Cook on HIGH for 30 to 40 seconds.

Spinach Quiche MC

Serves: 3 to 4

Ingredients:

Pastry:

2 cups	plain flour	500 ml
125 g	butter	125 g
1	egg yolk	1
3 tablespoons	milk	45 ml

Filling:

1/2	bunch spinach, stalks removed and spinach chopped	1/2
2	eggs	2
1/2 cup	milk or cream	125 ml
1/4 teaspoon	nutmeg	1 ml
	freshly ground black pepper	
60 g	Gruyere cheese, grated	60 g

Method:

Pastry:

Sift flour, rub butter into flour until it resembles fine breadcrumbs. Add egg yolk and mix well. Turn onto a lightly floured board and knead lightly. Roll dough out to fit a 23 cm pie plate. Refrigerate for 30 minutes. Prick the base of the pastry several times with a fork and cook on Combination 4 for 10 to 12 minutes.

Filling:

Place spinach in a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well between two dinner plates. Beat eggs, milk or cream, nutmeg and pepper together. Add spinach and mix well. Pour into pastry case and sprinkle with cheese. Cook on Combination 2 for 20 to 25 minutes.

Roasted Nuts

Serves: 2 to 4

Morish with drinks

Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)	250 ml
2 teaspoons	salad oil	10 ml
	salt to taste	

Method:

Place peanuts in a single layer on a pie plate. Cook on HIGH for 4 to 6 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on HIGH for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

Lemon Pepper Chicken Wings

Mini Pizzas

Serves: 2 to 4

Ingredients:

4	small round pita breads	4
2 tablespoons	tomato paste	30 ml
3/4 cup	grated Mozzarella cheese	190 ml
3/4 cup	chopped salami	190 ml
50 g	mushrooms, chopped	50 g
2	tomatoes, chopped	2
1 teaspoon	mixed dried herbs	5 ml

Method:

Place pita bread onto a dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on MEDIUM for 4 to 5 minutes.

Cheese Straws C

Makes: 60

Ingredients:

1	packet ready rolled puff pastry sheets	1
1/4 cup	milk	60 ml
1 cup	Parmesan cheese	250 ml
2 teaspoons	paprika	10 ml

Method:

To Cook by Convection:

Preheat oven to 200°C. Cut each pastry sheet into 10 equal strips (approx. 2 cm wide). Twist pastry strips and place on a round greased baking tray. Brush pastry with milk. Mix cheese and paprika together and sprinkle over each twist.
Cook on 200°C for 10 to 12 minutes or until golden.

Lemon Pepper Chicken Wings C

Serves: 4

Ingredients:

1/3 cup	lemon juice	85 ml
1/4 cup	olive oil	60 ml
2	cloves garlic, crushed	2
1 teaspoon	whole grain mustard	5 ml
2 tablespoons	chopped parsley	30 ml
1 teaspoon	cracked black peppercorns	5 ml
1 kg	chicken wings	1 kg

Method:

Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours. Preheat oven on Grill 1. Arrange marinated chicken on the low rack. Cook on Grill 1 for 22 to 24 minutes, turning once during cooking.

Pâté

Makes: 2 cups (500 ml)

Ingredients:

2	rashers bacon, rind removed and bacon chopped	2
1	small onion, finely chopped	1
1	clove garlic, crushed	1
125 g	butter	125 g
375 g	chicken livers, trimmed and cut in half	375 g
1/2 teaspoon	pepper	2 ml
2 tablespoons	brandy	30 ml
2 tablespoons	sour cream	30 ml

Method:

Place bacon, onion, garlic and butter into a 1-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup (500 ml) mould and refrigerate until set.

Spinach and Filo Pie G

Serves: 4 to 6

Ingredients:

1	bunch spinach	1
250 g	Fetta cheese	250 g
2	eggs	2
1/2 cup	cream	125 ml
1 tablespoon	flour	15 ml
1/2 teaspoon	nutmeg	2 ml
	ground black pepper	
1	clove garlic, crushed	1
4	sheets filo pastry	4
40 g	butter, melted	40 g
2 teaspoons	sesame seeds	10 ml

Method:
Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well. Crumble in Fetta cheese.

To Cook by Convection:
Preheat oven to 200°C. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place spinach and cheese into a 23 cm pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Cook on 200°C for 15 to 20 minutes.

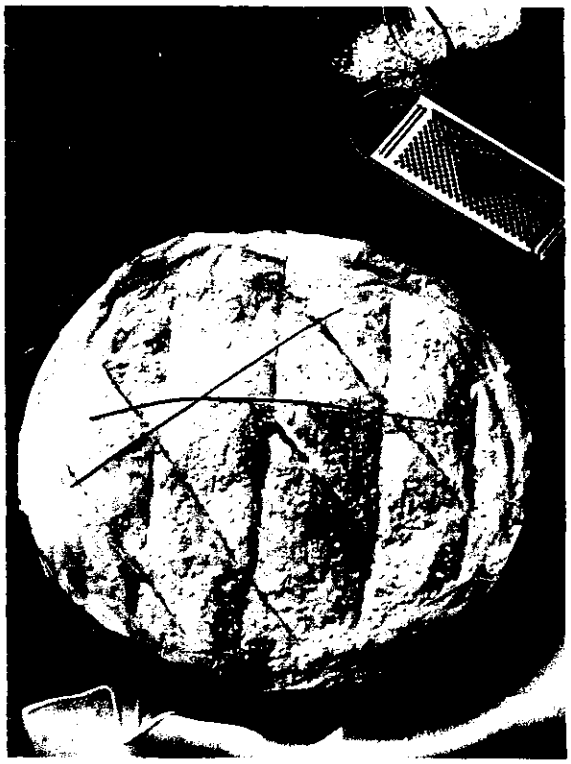
Vegetable Bake G

Serves: 4 to 6

Ingredients:

250 g	cauliflower, cut into flowerettes	250 g
250 g	broccoli	250 g
3	carrots, sliced	3
1/4 cup	water	60 ml
1/2 cup	cottage cheese	125 ml
1	egg	1
1/2 cup	cream	125 ml
1/2 teaspoon	lemon pepper	2 ml
1/2 teaspoon	seasoned herbs	2 ml
1/2 cup	grated tasty cheese	125 ml

Method:
Place vegetables and water in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on MEDIUM-HIGH for 12 to 14 minutes. Sprinkle with tasty cheese and cook on Grill 1 for 5 to 10 minutes.



Spinach and Filo Pie

Luncheon Egg Ring

Serves: 4 to 6

Ingredients:

4	large spinach leaves, stalks removed	4
2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
1 cup	milk	250 ml
1/2 cup	grated Swiss cheese	125 ml
150 ml	cream	150 ml
8	eggs	8
	salt and pepper	
1	tomato, chopped finely	1
2 tablespoons	chopped basil	30 ml

Method:
Place spinach leaves onto a plate. Cover and cook on HIGH for 2 to 3 minutes. Use the spinach to completely line a 20 cm diameter ring dish. Place butter and flour into a small bowl and cook on HIGH for 40 to 60 seconds. Gradually add milk, stirring well. Cook on HIGH for 2 to 3 minutes, stirring regularly. Stir cheese and cream into sauce. In large bowl, beat eggs, salt and pepper. Add tomato, basil and sauce and mix until well combined. Pour mixture into spinach lined ring. Cook on MEDIUM for 14 to 16 minutes. Allow to stand for 5 to 10 minutes before turning out. Serve warm with a salad as a luncheon dish.

Fish and Shellfish

Directions for Grilling Fish and Shellfish

Preheat oven with the low rack in place on GRILL 1 for fillets and steaks, GRILL 2 for whole fish and shellfish.
For lobster tails, remove soft shell centre (underneath portion) of lobster tails by cutting centre out with kitchen shears. Loosen lobster from shell with fingers, leaving meat attached to tail section.
Brush fish and shellfish with melted butter, margarine or oil before and during cooking. Basting helps prevent the fish and shellfish from drying out.

Place fish or shellfish on preheated low rack.
Cook for the times recommended in chart.
Whole fish and fish steaks should be carefully turned over halfway through cooking time.
If desired, turn thick fish fillets over halfway through cooking.
To test for desired cooking, the flesh of fish should easily flake. Seafood should be opaque.

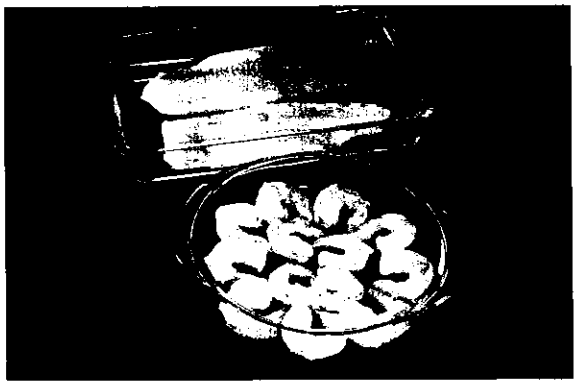
Brush with melted butter.

Carefully turn whole fish and steaks over halfway through cooking.

Fish and Shellfish Grilling Chart

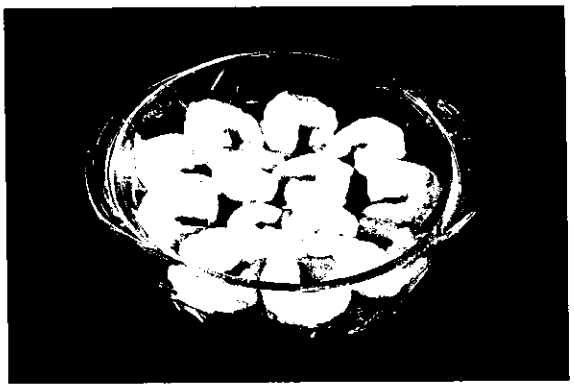
FISH OR SHELLFISH	GRILL SETTING	APPROXIMATE COOKING TIME (in minutes)
FISH		
Fillets		
1 cm thick	Grill 1	6 to 8
1½ cm thick	Grill 1	8 to 10
Steaks		
2 cm thick	Grill 1	14 to 16
WHOLE FISH		
250 g to 375 g	Grill 2	10 to 12
500 g	Grill 2	14 to 16
SHELL FISH		
Lobster Tails		
250 g to 300 g	Grill 2	12 to 14
Scallops		
Sea Scallops 500 g	Grill 1	4 to 6
Prawns		
500 g	Grill 2	6 to 8

Directions for Cooking Fish and Shellfish by Microwave



Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.

To Cook by Time: Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.



Direction for Cooking Fish by Auto Sensor
Prepare fish as at left. Place in a single layer in a shallow dish. Cover with a lid or plastic film. Press the [Fish] pad then [Start]. There is no need to select power level or time as this is a fully automatic programme. Refer to page 23 and follow directions in recipes.

Fish and Shellfish Chart for Microwave Cooking by Time

FISH OR SHELLFISH	AMOUNT	POWER	APPROX. COOKING TIME (in minutes)
Fish Fillets	500 g	MEDIUM	4 to 6
Scallops (sea)	500 g	MEDIUM	4 to 6
Prawns, medium size (shelled and cleaned)	500 g	MEDIUM	3 to 5
Whole Fish (stuffed or unstuffed)	500 g to 900 g	MEDIUM	6 to 8

Salmon Mornay

Serves: 2

Ingredients:

40 g	butter	40 g
1	onion, diced	1
1/4 cup	flour	60ml
1 teaspoon	dried or	5 ml
1 tablespoon	fresh parsley	15 ml
	pepper	
1/2 teaspoon	prepared mustard	2 ml
1/2 cup	milk	125 ml
1 can (440 g)	salmon	1 can (440 g)
3/4 cup	fresh breadcrumbs	190 ml
1/3 cup	grated cheese	85 ml

Method:
Place butter and onion in a 4 cup jug. Cook on HIGH for 1 minute. Add flour and cook on HIGH for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on HIGH for 3 to 4 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Cook on HIGH for a further 4 to 5 minutes.

Sweet Scallop Stir Fry

Serves: 2 to 4

Ingredients:

1 tablespoon	oil	15 ml
1	onion, quartered	1
1/2 teaspoon	crushed garlic	2 ml
1/2	large red capsicum,sliced	1/2
2	sticks celery, sliced	2
2 tablespoons	sliced water chestnuts	30 ml
100 g	snowpeas	100 g
1 tablespoon	honey	15 ml
1 tablespoon	sweet chilli sauce	15 ml
1 tablespoon	chopped mint	15 ml
500 g	scallops	500 g

Method:
Preheat a browning dish on HIGH for 5 to 7 minutes. Add onions and garlic and cook on HIGH for 1 to 2 minutes. Add remaining ingredients and cook on HIGH for 3 to 5 minutes, stir halfway through cooking. Serve immediately.

Cheesy Lobster Mornay

Salmon Pâté

Makes: 2 1/2 cups (625 ml)

Ingredients:

1 tablespoon	butter or margarine	15 ml
3	shallots (spring onions), sliced	3
1 tablespoon	plain flour	15 ml
1 teaspoon	prepared mustard	5 ml
	salt and pepper	
1/2 cup	sour cream	125 ml
1/4 cup	mayonnaise	60 ml
1/4 cup	white wine	60 ml
1 tablespoon	lemon juice	15 ml
1 can (440 g)	salmon, drained and bones removed	1 can (440 g)
1 tablespoon	gelatine	15 ml
1/4 cup	water	60 ml

Method:

Place butter or margarine and shallots (spring onions) in a 1-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on HIGH for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatine and water in small dish and cook on HIGH for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2 1/2 cup (625 ml) mould and refrigerate until set.

Cheesy Lobster Mornay G

Serves: 2

Ingredients:

3 tablespoons	butter	45 ml
3 tablespoons	flour	45 ml
1 cup	milk	250 ml
1/2 cup	grated cheese	125 ml
1	cooked lobster	1
	juice of 1/2 lemon	
	pinch paprika	
2 tablespoons	grated cheese, extra	30 ml

Method:

Melt butter on HIGH for 30 seconds in a 4-cup (1 litre) jug. Add flour, stir and cook on HIGH for 20 to 30 seconds, stirring halfway through cooking. Add milk, gradually. Stir well. Cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and mix well. Cut lobster in half lengthwise. Discard all inedible parts. Sprinkle each half of lobster with lemon juice. Preheat oven on Grill 1. Spoon cheese sauce over lobster. Sprinkle with extra cheese and paprika. Place lobster halves on a grill tray. Cook on Grill 1 for 5 to 6 minutes. Serve with lemon slices and parsley.

Scallop and Peach Kebabs G

Makes: 6 to 8

Ingredients:

250 g	scallops	250 g
6	rashers bacon, rind removed	6
6 to 8	20 cm wooden skewers	6 to 8
1 can (425 g)	sliced peaches, juice drained	1 can (425 g)
1/2 cup	reserved juice	125 ml
1 teaspoon	honey	5 ml
30 g	butter, melted	30 g
1/4 cup	dry white wine	60 ml

Method:

Pat dry scallops with paper towel. Cut bacon into 5 cm pieces. Place half the bacon on a paper towel lined plate. Cook on HIGH for 2 minutes, repeat with remaining bacon. Wrap bacon pieces around each scallop, thread alternately with peach slices, starting and ending with a scallop. In a jug mix together reserved syrup, honey, butter and wine. Place 4 of the kebabs into a 3-litre casserole dish and brush with syrup mixture. Cook on MEDIUM for 4 to 6 minutes, turning halfway through cooking. Repeat with remaining 4 kebabs. Allow to stand for 2 minutes before serving.

To Cook by Grill:

Preheat oven on Grill 1. Prepare kebabs as above. Cook on Grill 1 for 4 to 6 minutes turning halfway through cooking. Baste frequently with syrup.

Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:

250 g	scallops	250 g
250 g	prawns, shelled and deveined	250 g
1	squid, (approx. 275 g) cleaned and sliced	1
2 tablespoons	butter	30 ml
1	clove garlic, crushed	1
2	tomatoes, peeled and chopped	2
1 tablespoon	tomato paste	15 ml
1/4 cup	white wine	60 ml
1 teaspoon	basil	5 ml
	pepper	
	chopped parsley	

Method:

Place cleaned seafood into a 2-litre dish. Set aside. Place butter and garlic in a 1-litre dish. Cook on HIGH for 1 minute. Add remaining ingredients except seafood to dish and cook on HIGH for 5 minutes. Puree tomato mixture in a blender or food processor and pour over seafood. Cook on MEDIUM-HIGH for 5 to 7 minutes. Stand for 5 minutes. Serve with pasta or salad.

Golden Wrapped Fish C

Serves: 4

Ingredients:

4	white fish fillets (500 g)	4
2 tablespoons	butter	30 ml
4	shallots, finely sliced	4
150 g	mushrooms, finely sliced	150 g
	salt and pepper	
4	sheets ready rolled puff pastry	4
1	beaten egg yolk for glazing	1
	sesame seeds	

Method:

Pat dry fillets with paper towel. Melt butter in a 2-litre casserole dish on HIGH for 1 minute. Add shallots and mushrooms and cook on HIGH for 1 to 2 minutes. Season with salt and pepper.

To Cook by Convection:

Preheat oven to 220°C. Lay each fillet in the centre of each sheet of pastry. Place 1 to 2 tablespoons (15 to 30 ml) of the filling over the top of each fish fillet. Fold sides of pastry to centre and press firmly together. Brush with egg yolk and sprinkle with sesame seeds. Make several slits in pastry and place on a lightly greased baking tray. Cook on 220°C for 15 to 20 minutes.

Barbecue Fish Skewers C

Makes: 24 skewers

Ingredients:

1 kg	firm white fish fillets, cut into long thin strips	1 kg
	melted butter for brushing	

Marinade:

1/4 cup	lemon juice	60 ml
1 tablespoon	olive oil	15 ml
2 tablespoons	spring onions, chopped	30 ml
1 tablespoon	capers, finely chopped	15 ml
	black pepper	

Method:

Place fish in a large mixing bowl.
Mix all marinade ingredients until well combined. Pour marinade over fish and chill for 2 hours only. Preheat oven on Grill 1. Thread fish onto skewers (similar to a snake shape). Brush the low rack with melted butter. Place skewers on the low rack. Cook on Grill 1 for 4 to 6 minutes, turning halfway through cooking. Serve with saffron rice.

Tip: Half freeze fish before slicing so finer strips may be cut.

Oysters Kilpatrick G

Serves: 2

Ingredients:

12	oysters in shell, opened	12
2 teaspoons	lemon juice	10 ml
2 teaspoons	Worcestershire sauce	10 ml
	salt and pepper	
60 g	bacon, finely chopped	60 g

Method:
Preheat oven on Grill 2. Place oysters in shell on a heatproof serving plate. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Cook on Grill 2 for 4 to 5 minutes.

Tip: Serve with triangles of buttered brown bread.

Smoked Fish A

Serves: 2 to 4

Ingredients:

2	medium sized smoked fish fillets (approx. 500 g)	2
1 tablespoon	butter, melted	15 ml
3 tablespoons	water	45 ml
	freshly ground black pepper	

Method:
Place all ingredients in a 3-litre casserole dish. Cover and cook on MEDIUM for 5 to 6 minutes or until cooked and fish flakes when tested with a fork.

To Cook by One Touch Cooking:
Prepare as above. Cover with lid or plastic wrap. Press [Fish], then [Start].

Fish Almondine

Serves: 2

Ingredients:

1/4 cup	flaked almonds	60 ml
60 g	butter	60 g
2	fish fillets (approx. 300 g each)	2
1 tablespoon	chopped parsley	15 ml
	juice of 1/2 lemon	
	salt and pepper	

Method:
Place almonds and butter in a shallow dish and cook on HIGH for 2 to 4 minutes. Arrange fish fillets in a shallow casserole dish. Pour butter and almonds over fish, sprinkle with parsley, lemon juice and season with salt and pepper. Cook covered on MEDIUM for 5 to 7 minutes. Stand covered for 5 minutes.

Garlic Prawns

Serves: 2 to 4

Ingredients:

60 g	butter	60 g
1	clove garlic, crushed	1
1 tablespoon	lemon juice	15 ml
1 tablespoon	parsley, chopped	15 ml
	salt	
500 g	green prawns, shelled and deveined	500 g

Method:
Place butter and garlic in a 20 cm round dish and cook on HIGH for 1 minute.
Add lemon juice, parsley, salt and prawns.
Cover and cook on MEDIUM for 2 to 3 minutes, stirring halfway through cooking.
Stand covered for 5 minutes.
Serve in individual ramekins.

Whole Stuffed Fish A

Serves: 2

Ingredients:

500 g	whole fish, cleaned and scaled (Bream or Snapper)	500 g
2 tablespoons	melted butter	30 ml

Stuffing:

1 cup	fresh breadcrumbs	250 ml
4	shallots (spring onions), sliced	4
1 teaspoon	dried basil	5 ml
	juice of 1/2 lemon	
2 tablespoons	chopped parsley	30 ml
	freshly ground black pepper	

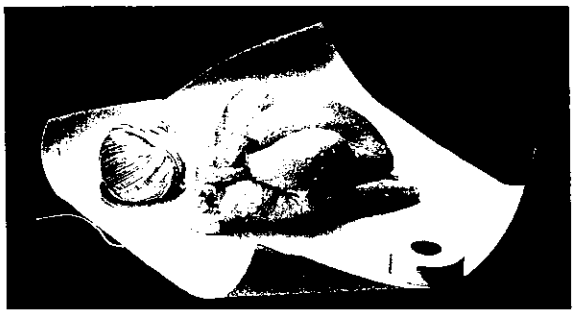
Method:
Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a ceramic rack in a 3-litre casserole dish and cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes before serving.

To Cook by One Touch Cooking:
Prepare as above. Place fish on a ceramic rack in a flat casserole dish. Cover with a lid or plastic wrap. Press [Fish], then [Start]. Stand covered for 5 minutes before serving.

Poultry

Directions for Cooking Whole Poultry by Microwave

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance. (eg. soy, Worcestershire)

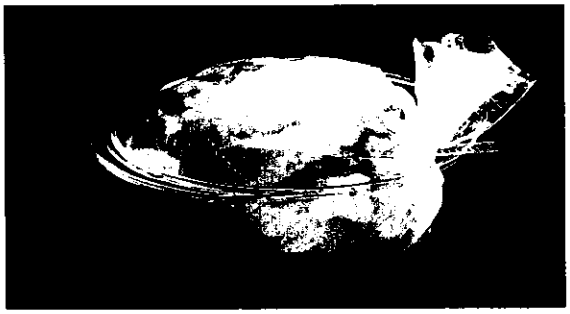


Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.

After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer, inserted into the thigh muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down.

If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use 1/4 cup (60 mL) per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.

During cooking it may be necessary to shield legs, wings and the breast bone to prevent overcooking. Wooden toothpicks can be used to hold foil in place.



If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag.
Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.

Directions for Grilling Chicken Pieces

Preheat oven with the low rack in place on Grill 1.
If desired, brush chicken with butter, margarine, oil or sauce before and during grilling. Basting helps prevent chicken from drying out.
Place chicken skin-side down on the low rack with a dish underneath, to catch drips.
Cook for times recommended in the chart.
Halfway through cooking, turn chicken skin-side up.
Season after cooking.
To test for desired cooking, cut into chicken. Chicken should be white in colour, and juices should be clear.

Turn over halfway through cooking.

Arrange chicken skin-side down.

When done, chicken is white in colour and juices are clear.

Chicken Grilling Chart

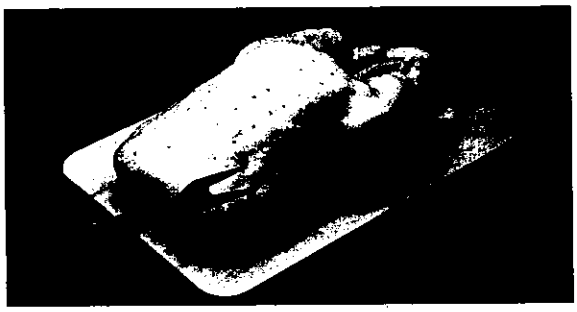
ITEM	GRILL SETTING	APPROXIMATE COOKING TIME (in minutes)
CHICKEN 4 half Breasts	Grill 1	15 to 18
Cut-up (whole)	Grill 1	25 to 30
8 Drumsticks	Grill 1	20 to 22
4 Thighs	Grill 1	20 to 22
1.4 kg Wings (approx. 16)	Grill 1	18 to 22
4 Marylands	Grill 1	18 to 20
4 Kebabs	Grill 1	15 to 18

Directions for Cooking Poultry by Combination

Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed.

Whole Roasting Chickens (1.0 kg to 2.8 kg): Place chicken on the low rack, with a dish set underneath, to catch drips. Shield drumsticks with a strip of foil for the first 30 minutes of cooking. (Foil should not touch rack or oven walls, as arcing may occur.)

Whole Duck (1.5 kg to 2.5 kg): Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. Place duck on the low rack, with a dish set underneath, to catch drips. Drain juices from dish once during cooking.



Whole Turkey (2 kg to 6 kg): Place turkey on the low rack, with a dish set underneath, to catch drips. Halfway through cooking, shield tops of drumsticks with a strip of foil. (Foil should not touch oven walls, as arcing may occur.) Drain juice from dish once during cooking.

To Cook by Manual Combination:
Multiply the ready to cook weight of the poultry by the minimum recommended minutes per 500 grams. Programme the Combination Setting and Time. Press [Start].

To Cook by One Touch Cooking:
To programme: Press [Chicken] pad, enter the weight, then press [Start].

After cooking allow to stand, covered, for 10 minutes. This stand time allows for easier carving and finishes cooking. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer inserted in both thigh joints. If thermometer touches bone, the reading may be inaccurate.

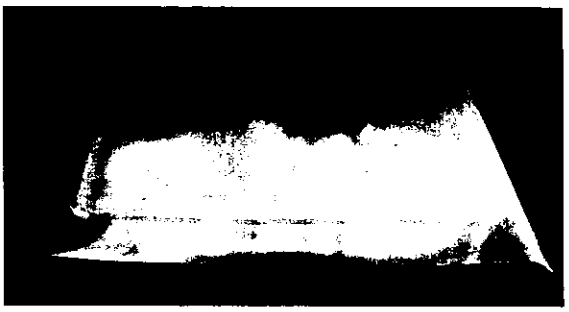
DO NOT USE A CONVENTIONAL OR MICROWAVE THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION. If poultry is undercooked, cook a few more minutes at the recommended Combination Setting.

Poultry Chart for Combination Cooking

POULTRY	ONE TOUCH COOKING	COMBINATION COOKING		COOKING DIRECTIONS
		COMBINATION SETTING	COOKING TIME	
Chickens (up to 2.8 kg)	Chicken	COMBINATION 6	15 min./500 g	Place on the low rack, baste halfway through cooking.
Chicken Pieces (1 to 1.5 kg)	———	CONBINATION 6	Approx. 2/3 conventional cooking time. Follow recipe instructions.	Suitable for pieces alone, or casseroles.
Turkey (2 to 6 kg)	Chicken (up to 3 kg)	COMBINATION 5	15 min./500 g	Place on the low rack, baste halfway through cooking.
Duck (1.5 to 2.5 kg)	Chicken	COMBINATION 5	15 to 18 min./ 500 g	Pierce skin at 2 cm intervals. Place on the low rack, baste halfway through cooking.

Directions for Cooking Poultry Pieces by Microwave

Arrange pieces skin-side up, and evenly spread in a shallow dish.



Cover with wax paper, or paper towel. Multiply the weight by the minimum time recommended in the chart.

Poultry Chart for Microwave Cooking by Time

POULTRY	POWER	TEMPERATURE AFTER COOKING	APPROX. COOKING TIME (minutes per 500 g)
Chicken (up to 2.8 kg)	MEDIUM-HIGH	87 °C	10 to 15
Chicken (pieces)	MEDIUM-HIGH	87 °C	6 to 8
Turkey	MEDIUM-HIGH	87 °C	10 to 15
Duck	MEDIUM-HIGH	87 °C	10 to 15

Pepper Chicken

Serves: 4

Ingredients:

2 tablespoons	butter	30 ml
4	chicken breast fillets	4
1 tablespoon	ground black pepper	15 ml
2 to 3	cloves crushed garlic	2 to 3
1 tablespoon	seeded mustard	15 ml
2 tablespoons	lemon juice	30 ml
1/2 cup	cream	125 ml

Method:

Preheat a browning dish on HIGH for 5 to 7 minutes. Flatten chicken fillets and press pepper onto each fillet. Add butter and garlic to browning dish with chicken and cook on MEDIUM-HIGH for 6 to 8 minutes. Turn halfway through cooking. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and cook on MEDIUM-HIGH for 1 to 2 minutes.

Chicken Cacciatore

Serves: 4

Ingredients:

1.5 kg	chicken	1,5 kg
2	onions, sliced	2
1	large capsicum (green/red pepper), sliced	1
1 can (425 g)	peeled tomatoes	1 can (425 g)
1/4 cup	tomato paste	60 ml
1 teaspoon	oregano	5 ml
	salt and pepper	

Method:

Place chicken breast-side down on a microwave suitable rack in a 3-litre dish. Cook on MEDIUM-HIGH for 20 minutes, turn and cook for a further 15 to 20 minutes. Stand for 10 minutes. Set aside.

Place onions and capsicum (green/red pepper) into a 3-litre dish. Cook on HIGH for 3 to 4 minutes. Add tomatoes, tomato paste, oregano, salt and pepper. Mix well. Remove meat from chicken bones and cut into small pieces. Mix chicken through tomato mixture. Cook on MEDIUM-HIGH for 4 to 6 minutes.

Chicken and Potato Casserole

Serves: 4

Ingredients:

1	chicken, cooked	1
500 g	potatoes, peeled and thinly sliced	500 g
1/4 cup	water	60 ml
30 g	butter	30 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
2 tablespoons	plain flour	30 ml
1 cup	chicken stock	250 ml
1 teaspoon	French mustard	5 ml
1/2 cup	cream	125 ml
3/4 cup	grated tasty cheese	190 ml
	paprika	

Method:

Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup (1 litre) glass jug and cook on HIGH for 1 minute. Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes.
Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve with vegetables.

Italian Chicken Casserole MC A

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	clove garlic, crushed	1
6	chicken pieces	6
250 g	baby onions or 4 small peeled and left whole	250 g
1 can (425 g)	tomatoes	1 can (425 g)
1/4 cup	tomato paste	60 ml
1/2 teaspoon	marjoram	2 ml
1/2 teaspoon	oregano	2 ml
100 g	button mushrooms	100 g
20	black olives	20
2 tablespoons	chopped parsley	30 ml
	salt and pepper	

Method:

Place all ingredients into a 3-litre casserole dish and mix well. Cover.

To Cook by Combination:

Cook on Combination 5 for 45 to 50 minutes. Stir halfway through cooking.

To Cook by One Touch Cooking:

Prepare as above and cover with a lid. Press [Casserole], then [Start].

Tarragon Chicken and Mushrooms MC

Serves: 6 to 8

Ingredients:

1 1/2 kg	chicken pieces	1 1/2 kg
1	onion, sliced	1
1/2 teaspoon	dried tarragon leaves	2 ml
	salt and pepper	
150 g	mushrooms, finely sliced	150 g
1 can (440 g)	cream of mushroom soup	1 can (440 g)
1/2 cup	sour cream	125 ml

Method:

Place chicken and onion in a 4-litre casserole dish. Cook on MEDIUM for 25 to 30 minutes. Drain away any excess fat. Season with tarragon and salt and pepper. Add mushrooms. Cook on MEDIUM for 3 to 4 minutes. Blend together soup and sour cream. Spoon over chicken. Cover and cook on MEDIUM for 12 to 15 minutes. Remove chicken to a serving platter. Stir sauce and spoon over chicken. Serve with rice or vegetables.

To Cook by Combination:

Place all ingredients in a 4-litre casserole, except mushrooms and sour cream. Cover with lid. Cook on Combination 5 for 30 minutes. Stir in mushrooms and sour cream, cover, and continue to cook on Combination 5 for a further 15 to 20 minutes. Stir and serve.

Coq au Vin MC A

Serves: 4 to 6

Ingredients:

1	medium onion, finely chopped	1
4	slices streaky bacon, rinds removed, bacon chopped	4
1 kg	chicken pieces	1 kg
125 g	button mushrooms, washed and dried	125 g
3/4 cup	hot chicken stock	190 ml
1/4 cup	red wine	60 ml
2	cloves garlic, crushed	2
20 g	butter, cut into pieces	20 g
1 teaspoon	mixed herbs	5 ml
	freshly ground black pepper	

Method:

Place onion and bacon into a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add remaining ingredients and combine well.

To Cook by Combination:

Cover and cook on Combination 5 for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on Combination 5 for 15 to 20 minutes. Stand 10 minutes before serving.

To Cook by One Touch Cooking:

Prepare as above and cover. Press [Casserole], then [Start].

Spicy Chicken Curry

Spicy Chicken Curry A

Serves: 4 to 6

Ingredients:

2 tablespoons	oil	30 ml
2	onions, finely chopped	2
1	clove garlic, crushed	1
1 teaspoon	finely grated root ginger	5 ml
2 teaspoons	ground coriander	10 ml
1/2 teaspoon	ground turmeric	2 ml
1 teaspoon	ground cumin	5 ml
1 teaspoon	chilli powder	5 ml
3 tablespoons	vinegar	45 ml
1 kg	chicken breast fillets, cut into strips	1 kg
1 cup	chicken stock	250 ml
1/4 cup	coconut cream	60 ml
1/4 cup	fruit chutney	60 ml

Method:
Place oil, onions, garlic and ginger in a 3-litre dish and cook on HIGH for 3 to 5 minutes. In a small bowl mix together spices and vinegar. Add to onion mixture and cook on HIGH for 2 to 4 minutes. Add chicken and stock to onion mixture.

To Cook by Microwave:
Cook on MEDIUM for 15 to 20 minutes.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

To Complete:
Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

Chicken Pie C

Serves: 4 to 6

Ingredients:

500 g	chicken thigh fillets, diced	500 g
60 g	butter	60 g
1	onion, chopped	1
100 g	mushrooms, sliced	100 g
1/4 cup	flour	60 ml
1 cup	milk	250 ml
1 teaspoon	mixed herbs	5 ml
1 teaspoon	prepared mustard	5 ml
	pepper to paste	
1/2 cup	grated Swiss cheese	125 ml
2	sheets ready rolled puff pastry	2

Method:
Place chicken into a 3-litre casserole dish and cook on MEDIUM-HIGH for 5 to 6 minutes. Place butter and onion into a 2-litre dish and cook on HIGH for 2 minutes. Stir in flour and gradually add milk stirring constantly. Cook on HIGH for 2 to 3 minutes or until thick. Add herbs, mustard, pepper and cheese, mix well. Stir through chicken and set aside.

To Cook by Convection:
Preheat oven to 200°C. Grease and line a 20 cm pie dish with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Cook on 200°C for 25 to 35 minutes.

Apricot Nectar Chicken MC

Serves: 4 to 6

Ingredients:

40 g	pkt French onion soup mix	40 g
425 ml	apricot nectar	425 ml
1 kg	chicken pieces	1 kg

Method:
Mix soup and nectar together in a jug. Place chicken pieces in a 3-litre casserole dish and pour liquid over chicken. Cover and cook on MEDIUM-HIGH for 25 to 30 minutes. Remove chicken pieces to a serving platter. Stir sauce and serve spooned over chicken.

To Cook by Combination:
Prepare as above, cover and cook on Combination 4 for 30 to 35 minutes. Stir halfway through cooking.

Roast Turkey MC A

Serves: 6 to 8

Ingredients:

2.5 to 2.8 kg	turkey	2,5 to 2,8 kg
60 g	butter	60 g
1	stick celery, finely sliced	1
1	small onion, finely chopped	1
2	small cooking apples, peeled and grated	2
2 cups	fresh breadcrumbs	500 ml
2 tablespoons	brandy	30 ml
1 tablespoon	parsley, finely chopped	15 ml
1	egg	1
	salt and pepper	
2 tablespoons	brandy, extra	30 ml
1 tablespoon	oil	15 ml
	lemon pepper or seasoned salt	

Method:
Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples and cook on HIGH for 5 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey.
Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt. Place turkey on the low rack, with a dish underneath.

To Cook by Microwave:
Cook on MEDIUM-HIGH for 60 to 70 minutes. Stand covered for 10 minutes before serving.

To Cook by Combination:
Prepare stuffing as above. Place turkey, on the low rack. Cook on Combination 5 for 60 to 65 minutes. Stand 15 minutes before carving.

To Cook by One Touch Cooking:
Prepare stuffing as above. Press [Chicken], enter the weight, then [Start].

Roast Turkey

Stuffed Roast Chicken MC A

Serves: 4 to 6

Ingredients:

1.5 kg	chicken	1,5 kg
2 tablespoons	melted butter	30 ml
	salt and pepper	

Stuffing:

1 tablespoon	butter	15 ml
1	small onion, finely chopped	1
2	rashers bacon, rind removed and bacon finely chopped	2
1 tablespoon	parsley, finely chopped	15 ml
1 teaspoon	mixed herbs	5 ml
1½ cups	cooked rice	375 ml
1	egg	1
	salt and pepper	

Method:
Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside. To prepare stuffing, melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add onion and bacon and cook on HIGH for 2 minutes. Add all remaining ingredients and mix well. Place stuffing into chicken. Secure opening with tooth picks. Tie legs together with string. Place chicken breast side down on the low rack.

To Cook by Combination:
Prepare stuffing as above. Cook on Combination 5 for 40 to 55 minutes.

To Cook by One Touch Cooking:
Prepare stuffing as above. Press [Chicken], enter the weight, then [Start].

Roast Chicken

Serves: 4 to 6

Ingredients:

1.5 kg	chicken	1,5 kg
1 tablespoons	melted butter	15 ml
	salt and pepper	

Method:
Clean and pat dry chicken with paper towel. Brush chicken with melted butter and sprinkle with seasoning.

Place chicken on a rack in a 3-litre dish.
Cook on MEDIUM-HIGH for 30 to 35 minutes. Stand covered for 10 minutes.

Roast Honey Duck with Orange Sauce MC

Serves: 4 to 6

Ingredients:

1.5 kg	duck	1,5 kg
3 tablespoons	honey	45 ml
1 tablespoon	orange liqueur	15 ml
1 tablespoon	vinegar	15 ml

Sauce:

	juice of 2 oranges	
	rind of 1 orange	
1/4 cup	water	60 ml
1 tablespoon	brown sugar	15 ml
1 tablespoon	vinegar	15 ml
1 tablespoon	orange liqueur	15 ml

Method:
Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork.
Place duck onto a rack into a 2-litre casserole dish. Cook on Combination 6 for 30 to 40 minutes. Brush the combined honey, liqueur and vinegar over the duck and cook further for 10 minutes or until duck is golden brown. Stand while preparing sauce.

Sauce:
Place all ingredients except rind, vinegar and liqueur in a 2-cup (500 ml) jug. Cook on HIGH for 1 1/2 to 2 minutes. Add vinegar and liqueur and cook on HIGH for a further 30 seconds. Pour sauce over duck, sprinkle with rind and serve.

Plum Glazed Quails

Serves: 2 to 4

Ingredients:

4	quails	4
1/2 cup	cooked long grain rice	125 ml
1 tablespoon	chopped shallots (spring onions)	15 ml
1 tablespoon	finely chopped basil	15 ml
2 tablespoons	chopped shelled pistachio nuts	30 ml
	pinch thyme	
	pinch cayenne pepper	
1/4 teaspoon	minced ginger	1 ml
1 teaspoon	milk	5 ml
1 tablespoon	plum jam	15 ml
1 tablespoon	Hoi-sin sauce	15 ml
2 tablespoons	butter	30 ml
1 can (250 g)	satsuma plums, drained and seeds removed	1 can (250 g)
1/4 cup	red wine	60 ml

Method:
Wash, clean and pat dry quails. In a 1-litre dish, combine rice, shallots (spring onions), basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a 1/4 of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup (500 g) jug, combine plum jam, hoi-sin sauce and butter. Cook on HIGH for 30 to 40 seconds. Brush jam mixture over quails and cook on MEDIUM-HIGH for 10 to 14 minutes, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce. Puree plums with wine and heat in a 2-cup (500 ml) jug on HIGH for 1 to 2 minutes. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.

Camembert Chicken MC

Serves: 4 to 6

Ingredients:

1.5 kg	Chicken	1,5 kg
125 g	Camembert cheese, sliced thinly	125 g
25 g	butter, melted	25 g

Method:
Clean and pat dry chicken with paper towel. Using the back of a spoon, gently lift the skin away from the flesh of the bird on the breast. Place the slices of cheese under the skin. Brush chicken with butter. Place the chicken on the low rack breast side up, and cook on Combination 6 for 50 to 60 minutes, stand for 15 minutes before serving.

Peanut Satay

Serves: 4

Ingredients:

Marinade:

1/2 teaspoon	caraway seeds	2 ml
1 teaspoon	ground coriander	5 ml
1	clove garlic, crushed	1
1 tablespoon	brown sugar	15 ml
1 tablespoon	soy sauce	15 ml
1 tablespoon	lemon juice	15 ml
	pinch salt	
750 g	boneless chicken, cut into 2.5 cm cubes	750 g
	bamboo skewers	

Satay Sauce:

3	red chillies, seeded and finely chopped	3
2	cloves garlic, crushed	2
	1 cm piece ginger, grated	
1 teaspoon	salt	5 ml
1/2 cup	peanut butter	125 ml
1 cup	water	250 ml
1/4 cup	sultanas	60 ml
1/4 cup	raisins	60 ml
1/2 cup	vinegar	125 ml
1/2 cup	sugar	125 ml
1/2 cup	peanuts	125 ml
1/4 cup	chutney (optional)	60 ml

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 2 to 3 hours. Combine all sauce ingredients in a 6-cup (1,5 litres) jug and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Purée sauce in a blender or food processor. Set aside. Preheat oven on Grill 1. Thread chicken cubes onto bamboo skewers. Place chicken skewers on low rack and cook on Grill 1 for 8 to 10 minutes, or until cooked, turning once during cooking. Serve with satay sauce.

Tip: To reheat sauce: Cook on HIGH for 1 to 2 minutes.

Chicken and Peach Kebabs

Makes: 6

Ingredients:

1 can (425 g)	sliced peaches	1 can (425 g)
	pinch ground ginger	
	salt and pepper	
3	chicken fillets, cut into 2.5 cm cubes	3
1/2	green capsicum (pepper), seeded and cut into 2.5 cm pieces	1/2
1 can (310 g)	baby corn	1 can (310 g)

Method:

Preheat oven on Grill 1. Drain peaches and reserve juice. Combine reserved juice with ground ginger and salt and pepper in a large flat dish. Alternately thread chicken cubes, peach slices, capsicum (pepper) and baby corn onto skewers. Place skewers on the low rack and brush with reserved juice. Cook on Grill 1 for 8 to 10 minutes, basting and turning after 4 to 5 minutes.

Grilled Chinese Chicken

Serves: 4

Ingredients:

4	chicken thighs (approx. 900 g)	4
1 tablespoon	honey	15 ml
2 tablespoons	Hoi Sin sauce	30 ml
1 tablespoon	dry sherry	15 ml
2 teaspoons	sesame seeds	10 ml
1 teaspoon	ground ginger	5 ml
1	clove garlic, crushed	1
1 teaspoon	sesame seeds, extra	5 ml

Method:

Remove excess fat from chicken. Combine remaining ingredients except extra sesame seeds in a 2-litre casserole dish and marinate chicken for at least 1 hour, turning occasionally. Preheat oven on Grill 1. Arrange marinated chicken on the low rack. Cook on Grill 1 for 18 to 20 minutes, turning and basting frequently. Toss with extra sesame seeds to serve.

Chicken Wings in Lemon Sauce

Florentine Chicken

Serves: 4

Ingredients:

1/4 cup	grated carrot	60 ml
1/4 cup	pine nuts	60 ml
100 g	spinach, cooked, drained and chopped finely	100 g
2	cloves garlic, crushed	2
	pepper to taste	
4	half chicken breast fillets	4
1	egg, beaten	1
1 tablespoon	water	15 ml
	nutmeg	
1 cup	breadcrumbs, seasoned	250 ml

Method:

Make a stuffing by combining carrot, pine nuts, spinach, garlic and pepper. Pound chicken fillets till flat and even. Divide between the chicken breasts. Fold chicken breasts over the filling and secure with wooden toothpicks. Combine egg and water. Add a pinch of nutmeg to the breadcrumbs. Dip each chicken breast into the egg mixture then into the breadcrumbs.

Preheat oven on Grill 1. Place chicken breasts on the low rack and cook on Grill 1 for 12 to 14 minutes, turning halfway through cooking.

Chicken Wings in Lemon Sauce

Serves: 4 to 6

Ingredients:

1 kg	chicken wings	1 kg
1/4 cup	soy sauce	60 ml
1 teaspoon	ginger powder	5 ml
2	cloves garlic, crushed	2
1/4 cup	lemon juice	60 ml

Method:

To Cook by Microwave:

Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinade for 1 to 2 hours in the refrigerator.

Cook on MEDIUM-HIGH for 20 to 25 minutes. Serve hot with rice.

To Cook by Grill:

Prepare chicken wings and marinade as above. Preheat oven on Grill 1. Arrange chicken wings on the low rack and brush with marinade. Cook on Grill 1 for 20 to 22 minutes, turning over halfway through grilling and rebrushing with marinade.

Chinese Chicken Wings

Makes: 16

Ingredients:

16	chicken wings (approx. 1.2 kg)	16
1/2 cup	bottled teriyaki sauce	125 ml
2 tablespoons	tomato sauce	30 ml
1 tablespoon	Worcestershire sauce	15 ml
1	clove garlic, crushed	1
2 tablespoons	honey	30 ml

Method:

Place chicken wings in a 3-litre dish. Add all remaining ingredients. Stir well. Cover and leave to marinate over night.

To Cook by Microwave:

Remove marinade and cook on MEDIUM-HIGH for 20 to 25 minutes. Stir halfway through cooking.

To Cook by Grill:

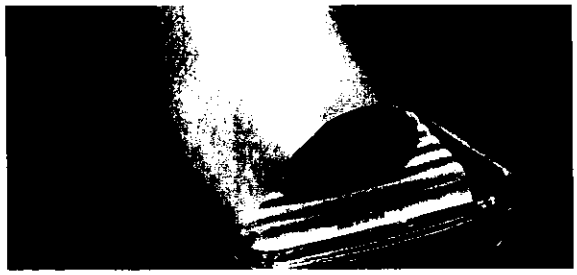
Prepare chicken wings and marinade as above. Preheat oven on Grill 1. Arrange chicken wings on the low rack and brush with marinade. Cook on Grill 1 for 20 to 22 minutes, turning over halfway through grilling and rebrushing with marinade.

Main Fare Meats

Directions for Cooking Tender Cuts of Meat by Microwave

For best results, select roasts that are uniform in shape.
Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.

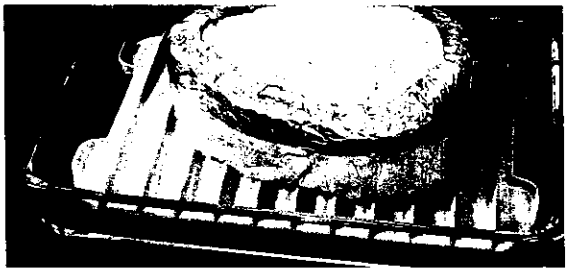
Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones.
The shank, thin ends of boneless roasts should also be shielded.



Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.

After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C.

Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and reshield edges. If desired, glaze last 10 to 20 minutes of cooking.

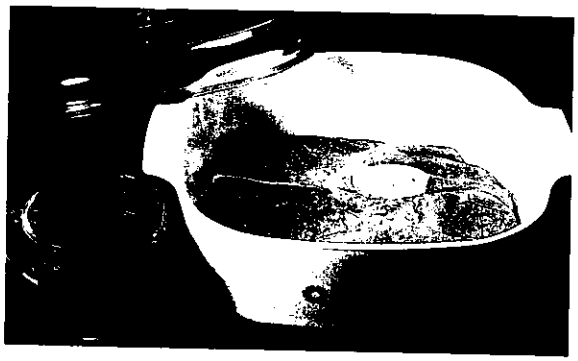


Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface. If desired, glaze last 10 to 20 minutes of cooking.

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use 1/2 to 1 cup (125 to 250 ml) of soup, broth, etc per 500g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.

If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.



Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking.

Meat Chart for Microwave Cooking

MEAT	POWER	APPROX. COOKING TIME (minutes per 500 g)
Beef		
Roasts		
Rare	MEDIUM-HIGH	8 to 10
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 14
Chuck, Flank, Brisket	MEDIUM	25 to 30
Pork		
Leg of Pork	MEDIUM-HIGH	12 to 15
Loin of Pork	MEDIUM-HIGH	12 to 15
Pork Chops	MEDIUM-HIGH	6 to 8
Ham Canned (fully cooked)	MEDIUM-HIGH	5 to 7
Lamb		
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 15

Directions for Cooking Meats by Combination

Season roast as desired, but add salt after cooking. Salt can be used for cooking Pork.

Beef, Pork and Lamb Roasts: Place fat-side down on the low rack with a dish underneath to catch drips. Place pork rib roasts, rib tips down on the low rack. Shield thin ends, cut edges and bony areas to prevent overcooking. To shield, place a thin strip of foil over top cut edges of roast. Cover tapered thinner section of roast with a small square of foil. (Foil should not touch side of the oven, as arcing may occur.) Remove foil halfway through cooking time. Always turn meats over halfway through cooking.

Canned Ham (1.5 kg to 2.5 kg): Place on the low rack. Shield top cut edge with a 4 cm wide strip of foil. Fold foil over top cut edge and down the sides. (Foil should not touch oven sides, as arcing may occur.)

Pot Roast (1.2 kg to 1.75 kg): Place meat, vegetables and seasonings in large oven proof casserole dish. Cover with a lid. If desired, the pot roast may be cooked in an oven cooking bag. Prepare the oven cooking bag according to package directions. Do not use wire or metal twist-ties. Use the nylon ties provided, or use a piece of cotton string or a strip cut from the oven bag. Place bag in oven proof casserole dish. Place dish on ceramic turntable. Cook on Combination 1.

To Cook by Manual Combination:
Multiply the weight of the meat by the minimum recommended minutes per 500 grams. Cook meat on Combination 5 for beef roasts and pork roast and Combination 4 for lamb roasts using the times in the following chart.

To Cook by One Touch Cooking:
Programme the desired Automatic Combination setting [Beef Rare], [Beef Medium], [Lamb] or [Pork]. Press [Start]. After cooking, allow the roast to stand covered, for 10 to 15 minutes to allow the roast to sit and finish cooking.
Roasts are easier to carve after standing.

As with Microwave cooking, roasts cooked by Combination will continue to cook during the stand time. During stand time check the internal temperature of the roast using a Microwave or conventional thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. If the temperatures are lower than desired, return the roast to the oven and cook a few more minutes at the recommended Combination Setting.
DO NOT USE A MICROWAVE OR CONVENTIONAL MEAT THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION.
Stand 10 to 15 minutes before carving.

Meat Chart for Combination Cooking

MEAT	COMBINATION COOKING	
	COMBINATION SETTING	APPROX.COOKING TIME (in minutes)
BEEF ROASTS		
Rib, Boneless Rib, Top Sirloin		
Rare	5	11 to 14 min./500 g
Medium	5	14 to 16 min./500 g
Well	5	18 to 20 min./500 g
Rump, Eye of Round (High Quality)		
Rare	5	12 to 15 min./500 g
Medium	5	13 to 18 min./500 g
Well	5	18 to 20 min./500 g
Beef Tenderloin		
Rare	5	16 to 18 min./500 g
Medium	5	22 to 24 min./500 g
Pot Roast (1 1/2 to 2 kg)	1	1 1/2 to 2 hrs. total
Chuck (Turn meat over after 1 hour of cooking)	1	1 1/2 to 2 hrs. total
PORK ROASTS	5	15 to 17 min./500 g
LAMB ROASTS	4	18 to 20 min./500 g
MEATLOAVES	1	25 to 30 min./500 g
CASSEROLES	1	Approx. 2/3 conventional cooking time

Directions for Grilling Meat

Preheat oven with low rack on GRILL 1. Trim excess fat from meat. Slash fat with a sharp knife to prevent meat curling. Place meat on low rack with a dish underneath, to catch drips. Cook for times recommended in chart. Halfway through cooking, turn meat over. Season after cooking.
To test for desired cooking, cut into meat. Red colour indicates rare, pink indicates medium and grey indicates well done.

Meat Grilling Chart

MEAT	GRILL SETTING	APPROX. COOKING TIME (in minutes)
BEEF		
Hamburger (approx. 3 cm thick)		
Well	Grill 1	12 to 14
Fillet Mignon (approx. 3 cm thick)		
Rare	Grill 1	8 to 10
Medium	Grill 1	12 to 14
Steak (approx. 3 cm thick)		
Rare	Grill 1	10 to 12
Medium	Grill 1	14 to 16
Well	Grill 1	16 to 18
PORK		
Chops 2 cm thick	Grill 1	16 to 18
Frankfurters	Grill 2	4 to 6
Ham Steak 1 1/2 cm thick	Grill 1	6 to 8
Sausages thick	Grill 1	10 to 12
thin	Grill 1	6 to 8
LAMB		
Chops 2 cm thick (8 on rack)		
Medium	Grill 1	12 to 14
Well	Grill 1	14 to 16
4 Lambs'kidneys (halved)	Grill 1	6 to 8

Lasagne C MC

Serves: 4 to 6

Ingredients:

250 g	precooked lasagne noodles	250 g
3 tablespoons	Parmesan cheese, extra	45 ml
3 tablespoons	grated Mozzarella cheese, extra	45 ml

Meat Sauce:

750 g	topside mince	750 g
2	onions, finely chopped	2
2	stalks celery, finely chopped	2
2	cloves garlic, crushed	2
2 tablespoons	dried mixed herbs	30 ml
425 g	tomato purée	425 g
1 cup	tomato paste	250 ml
	salt and pepper	

Cheese Sauce:

3 tablespoons	butter	45 ml
3 tablespoons	flour	45 ml
1 cup	milk	250 ml
2 tablespoons	Parmesan cheese	30 ml
2 tablespoons	grated Mozzarella cheese	30 ml
	ground black pepper	

Method:
Place all meat sauce ingredients into a 3-litre casserole dish and mix well. Cover and cook on MEDIUM-HIGH for 25 to 30 minutes, stirring halfway through cooking. Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add flour, stir and cook on HIGH for 20 to 30 seconds. Add milk, stirring, cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and pepper and mix well. Place half of the meat sauce into a 4-litre casserole dish. Layer 5 sheets of lasagne noodles over meat sauce. Top with remaining meat sauce and another 5 sheets of lasagne noodles. Spread cheese sauce evenly over the noodles and sprinkle with extra Parmesan and Mozzarella cheese.

To Cook by Convection:
Preheat oven to 180°C. Place lasagne in oven and cook on 180°C for 30 minutes. Serve hot with a green salad and garlic bread.

To Cook by Manual Combination:
Prepare as above. Cook on Combination 5 for 20 to 25 minutes or until golden brown.

Rack of Lamb MC

Serves: 4

Ingredients:

1	rack of lamb (approx. 8 cutlets)	1
1	clove garlic, cut into slices	1
	rosemary	

Method:
Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on the low rack. Sprinkle with rosemary. Cook on Combination 4 for 15 to 20 minutes, turning halfway through cooking. Stand for 5 minutes before carving.

Roast Lamb MC A

Serves: 4 to 6

Ingredients:

1/4 cup	apricot jam	60 ml
1.2 kg	leg of lamb	1,2 kg

Method:
Place lamb fat side down, on a rack set in a dish. Cook on MEDIUM for 30 to 35 minutes, turn halfway through cooking and brush with jam. Stand covered for 10 minutes before slicing. Serve with baked vegetables.

To Cook by Combination:
Prepare as above, place on low rack and cook on Combination 4 for 40 to 45 minutes.

To Cook by One Touch Cooking:
Prepare as above, place on low rack and press [Lamb], enter the weight, then [Start].

Lambs Fry and Bacon

Serves: 4

Ingredients:

750 g	lambs fry	750 g
1/4 cup	flour	60 ml
250 g	bacon, rind removed and bacon cut into 2 cm strips	250 g
2	onions, sliced	2
1 tablespoon	butter	15 ml
	ground black pepper	
1 tablespoon	chopped parsley	15 ml

Method:
Soak lambs fry in water for 30 minutes, remove skin and cut liver into thin strips. Coat lambs fry with flour and shake off any excess. Place bacon and onion into 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced lambs fry. Cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and lambs fry. Return all the lambs fry to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH 1 to 2 minutes and serve immediately.

Rack of Lamb

Lamb and Mushroom Kebabs G

Makes: 8 skewers

Ingredients:

1/4 cup	red wine	60 ml
1 tablespoon	lemon juice	15 ml
1 tablespoon	oil	15 ml
1	clove garlic, crushed	1
1/2 teaspoon	ground coriander	2 ml
	freshly ground black pepper	
500 g	boneless leg lamb, trimmed and cut into 3 cm cubes	500 g
200 g	mushrooms, stalks removed	200 g
1 tablespoon	oil	15 ml

Method:
Combine red wine, lemon juice, oil, garlic, coriander and pepper in a jug. Place lamb in a bowl. Pour over liquid. Cover and leave to marinate overnight. Preheat a browning dish on HIGH for 6 to 7 minutes. Thread lamb cubes and mushrooms alternately onto bamboo skewers. Approximately 4 cubes of meat per skewer. Add oil to browning dish and place 4 skewers in dish. Cook on HIGH for 6 to 8 minutes, turning once during cooking. Remove skewers and drain any juices. Preheat the browning dish on HIGH for a further 3 minutes. Add remaining 4 skewers and cook on HIGH for 6 to 8 minutes. Serve on a bed of rice.

To Cook by Grill:
Prepare as above. Preheat oven to Grill 1. Place skewers on low rack and cook on Grill 1 for 10 to 12 minutes.

Irish Stew A

Serves: 4

Ingredients:

600 g	lamb, cut into 2 cm cubes	600 g
1	onion, sliced	1
1	carrot, peeled and sliced	1
2	potatoes, peeled and sliced	2
1	stalk celery, sliced	1
500 ml	stock	500 ml
2 tablespoons	flour	30 ml
2	bay leaves	2
1/2 teaspoon	dried rosemary	2 ml

Method:
Trim excess fat off chops. Place all ingredients in 3-litre casserole dish.

To Cook by Microwave:
Prepare as above and cover. Cook on MEDIUM-HIGH for 20 to 25 minutes.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

Goulash MC A

Serves: 4

Ingredients:

500 g	lamb chops	500 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
1 tablespoon	butter or margarine	15 ml
1 tablespoon	flour	15 ml
2 tablespoons	tomato paste	30 ml
1/2 teaspoon	paprika	2 ml
1	small capsicum (green/red pepper), cut into 2.5 cm cubes	1
1 cup	beef stock	250 ml
2 tablespoons	sour cream	30 ml

Method:
Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum (pepper) and stock.

To Cook by Microwave:
Cover and cook on MEDIUM-HIGH for 24 to 26 minutes. Stir in sour cream and serve with vegetables.

To Cook by Combination:
Prepare as above, cover and cook on Combination 1 for 40 to 45 minutes. Stir in sour cream and serve.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

Lamb Chops with Spicy Sauce G

Serves: 4 to 6

Ingredients:

Marinade:

1/4 cup	medium or dry sherry	60 ml
3 tablespoons	tomato paste	45 ml
2 tablespoons	lemon juice	30 ml
2	cloves garlic, crushed	2
1 teaspoon	chilli powder	5 ml
1 teaspoon	coriander powder	5 ml
1 teaspoon	ground ginger	5 ml
1 tablespoon	finely chopped fresh parsley	15 ml
	freshly ground black pepper to taste	
8	lamb loin chops (approx. 800 g)	8

Method:
Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinate for 6 to 8 hours. Remove chops from marinade (reserving this mixture) and place chops on a rack in a shallow dish. Cook on MEDIUM-HIGH for 8 to 10 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on HIGH for 1 to 2 minutes. Arrange chops on serving plate then pour the sauce over. Serve garnished with parsley or watercress.

To Cook by Grill:
Prepare as above. Preheat oven on Grill 1. Place chops on low rack and cook on Grill 1 for 12 to 14 minutes, turning over halfway through cooking.

Chilli Beef

Serves: 4 to 6

Ingredients:

500 g	topside mince	500 g
1	onion, chopped	1
1	clove garlic, crushed	1
2 teaspoons	Mexican style chilli powder	10 ml
1 can (300 g)	tomato puree	1 can (300 g)
1 can (440 g)	red kidney beans, well drained	1 can (440 g)

Method:
Place mince, onion, garlic, chilli powder and tomato puree in a 3-litre dish. Mix well. Cook on MEDIUM-HIGH for 10 minutes. Stir halfway through cooking. Add kidney beans and cook on MEDIUM-HIGH for a further 10 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Roast Beef MC A

Serves: 6 to 8

Ingredients:

2 kg	roast beef	2 kg
	seasoned flour	

Method:
Place beef on the low rack with a dish underneath, to catch drips. Sprinkle beef with seasoned flour.

To Cook by Combination:
Cook on Combination 5 for 40 to 45 minutes, for a medium result. Stand covered for 10 minutes before carving.

To Cook by One Touch Cooking:
Press [Beef Rare] or [Beef Medium], enter the weight, then [Start]. Stand covered for 10 minutes before carving.

Yorkshire Pudding C

Serves: 6 to 8

Ingredients:

1 cup	plain flour	250 ml
	pinch of salt	
1	egg	1
1 1/2 cups	milk	375 ml
	oil for greasing muffin tins	

Method:
Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.

To Cook by Convection:
Preheat oven to 220°C. Brush twelve 7 x 3 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full. Cook on 220°C for 15 to 20 minutes or until golden. Serve with roast beef.

Curried Beef Loaf MC

Serves: 4

Ingredients:

400 g	minced beef	400 g
	salt and freshly ground black pepper	
2 teaspoons	curry powder	10 ml
2 tablespoons	mango chutney	30 ml
1	onion, peeled and finely chopped	1
1 cup	fresh breadcrumbs	250 ml
1	egg, beaten	1

Method:
Mix the mince with seasonings, curry powder, chutney, onion and breadcrumbs and bind together with the egg. Turn into a well greased 500 g loaf tin and press down. Cook on Combination 1 for 35 to 40 minutes.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg	corned silverside	1,5 to 1,7 kg
1 tablespoon	brown sugar	15 ml
1 tablespoon	white vinegar	15 ml
1	onion, cut in half	1
4	cloves	4
6	peppercorns	6
1	bay leaf	1
3 cups	water	750 ml

Method:
Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM for 1 1/2 to 1 3/4 hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the shape of the silverside, it may require for a further 10 to 15 minutes on MEDIUM-LOW.

Beef Casserole Curry MC A

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	large onion, chopped	1
1	large tomato, chopped	1
1/4 cup	curry paste	60 ml
1/2 teaspoon	flour	2 ml
1/2 cup	beef stock	125 ml
1 kg	chuck steak, fat removed and cut into 2.5 cm cubes	1 kg
1 tablespoon	malt vinegar	15 ml

Method:
Place oil, onion and tomato in a 3 litre casserole dish and cook on HIGH for 4 to 5 minutes. Stir in curry paste, flour and stock. Add remaining ingredients, stirring well.

To Cook by Microwave:
Cover and cook on MEDIUM for 40 to 45 minutes. Stir occasionally during cooking. Serve with rice.

To Cook by Combination:
Prepare as above and cover. Cook on Combination 1 for 50 to 60 minutes. Serve.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

Irish Stew A

Serves: 4

Ingredients:

600 g	lamb, cut into 2 cm cubes	600 g
1	onion, sliced	1
1	carrot, peeled and sliced	1
2	potatoes, peeled and sliced	2
1	stalk celery, sliced	1
500 ml	stock	500 ml
2 tablespoons	flour	30 ml
2	bay leaves	2
1/2 teaspoon	dried rosemary	2 ml

Method:
Trim excess fat off chops. Place all ingredients in 3-litre casserole dish.

To Cook by Microwave:
Prepare as above and cover. Cook on MEDIUM-HIGH for 20 to 25 minutes.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

Goulash MC A

Serves: 4

Ingredients:

500 g	lamb chops	500 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
1 tablespoon	butter or margarine	15 ml
1 tablespoon	flour	15 ml
2 tablespoons	tomato paste	30 ml
1/2 teaspoon	paprika	2 ml
1	small capsicum (green/red pepper), cut into 2.5 cm cubes	1
1 cup	beef stock	250 ml
2 tablespoons	sour cream	30 ml

Method:
Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum (pepper) and stock.

To Cook by Microwave:
Cover and cook on MEDIUM-HIGH for 24 to 26 minutes. Stir in sour cream and serve with vegetables.

To Cook by Combination:
Prepare as above, cover and cook on Combination 1 for 40 to 45 minutes. Stir in sour cream and serve.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

Lamb Chops with Spicy Sauce G

Serves: 4 to 6

Ingredients:

Marinade:

1/4 cup	medium or dry sherry	60 ml
3 tablespoons	tomato paste	45 ml
2 tablespoons	lemon juice	30 ml
2	cloves garlic, crushed	2
1 teaspoon	chilli powder	5 ml
1 teaspoon	coriander powder	5 ml
1 teaspoon	ground ginger	5 ml
1 tablespoon	finely chopped fresh parsley	15 ml
	freshly ground black pepper to taste	
8	lamb loin chops (approx. 800 g)	8

Method:
Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinate for 6 to 8 hours. Remove chops from marinade (reserving this mixture) and place chops on a rack in a shallow dish. Cook on MEDIUM-HIGH for 8 to 10 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on HIGH for 1 to 2 minutes. Arrange chops on serving plate then pour the sauce over. Serve garnished with parsley or watercress.

To Cook by Grill:
Prepare as above. Preheat oven on Grill 1. Place chops on low rack and cook on Grill 1 for 12 to 14 minutes, turning over halfway through cooking.

Chilli Beef

Serves: 4 to 6

Ingredients:

500 g	topside mince	500 g
1	onion, chopped	1
1	clove garlic, crushed	1
2 teaspoons	Mexican style chilli powder	10 ml
1 can (300 g)	tomato puree	1 can (300 g)
1 can (440 g)	red kidney beans, well drained	1 can (440 g)

Method:
Place mince, onion, garlic, chilli powder and tomato puree in a 3-litre dish. Mix well. Cook on MEDIUM-HIGH for 10 minutes. Stir halfway through cooking. Add kidney beans and cook on MEDIUM-HIGH for a further 10 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Roast Beef MC A

Serves: 6 to 8

Ingredients:

2 kg	roast beef	2 kg
	seasoned flour	

Method:
Place beef on the low rack with a dish underneath, to catch drips. Sprinkle beef with seasoned flour.

To Cook by Combination:
Cook on Combination 5 for 40 to 45 minutes, for a medium result. Stand covered for 10 minutes before carving.

To Cook by One Touch Cooking:
Press [Beef Rare] or [Beef Medium], enter the weight, then [Start]. Stand covered for 10 minutes before carving.

Yorkshire Pudding C

Serves: 6 to 8

Ingredients:

1 cup	plain flour	250 ml
	pinch of salt	
1	egg	1
1 1/2 cups	milk	375 ml
	oil for greasing muffin tins	

Method:
Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.

To Cook by Convection:
Preheat oven to 220°C. Brush twelve 7 x 3 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full. Cook on 220°C for 15 to 20 minutes or until golden. Serve with roast beef.

Curried Beef Loaf MC

Serves: 4

Ingredients:

400 g	minced beef	400 g
	salt and freshly ground black pepper	
2 teaspoons	curry powder	10 ml
2 tablespoons	mango chutney	30 ml
1	onion, peeled and finely chopped	1
1 cup	fresh breadcrumbs	250 ml
1	egg, beaten	1

Method:
Mix the mince with seasonings, curry powder, chutney, onion and breadcrumbs and bind together with the egg. Turn into a well greased 500 g loaf tin and press down. Cook on Combination 1 for 35 to 40 minutes.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg	corned silverside	1,5 to 1,7 kg
1 tablespoon	brown sugar	15 ml
1 tablespoon	white vinegar	15 ml
1	onion, cut in half	1
4	cloves	4
6	peppercorns	6
1	bay leaf	1
3 cups	water	750 ml

Method:
Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM for 1 1/2 to 1 3/4 hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the shape of the silverside, it may require for a further 10 to 15 minutes on MEDIUM-LOW.

Beef Casserole Curry MC A

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1	large onion, chopped	1
1	large tomato, chopped	1
1/4 cup	curry paste	60 ml
1/2 teaspoon	flour	2 ml
1/2 cup	beef stock	125 ml
1 kg	chuck steak, fat removed and cut into 2.5 cm cubes	1 kg
1 tablespoon	malt vinegar	15 ml

Method:
Place oil, onion and tomato in a 3 litre casserole dish and cook on HIGH for 4 to 5 minutes. Stir in curry paste, flour and stock. Add remaining ingredients, stirring well.

To Cook by Microwave:
Cover and cook on MEDIUM for 40 to 45 minutes. Stir occasionally during cooking. Serve with rice.

To Cook by Combination:
Prepare as above and cover. Cook on Combination 1 for 50 to 60 minutes. Serve.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

Mini Meatballs

Serves: 4

Ingredients:

500 g	topside mince	500 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
1/2 cup	fresh breadcrumbs	125 ml
1 tablespoon	tomato sauce	15 ml
	freshly ground black pepper	

Sweet and Sour Sauce:

1/2 cup	pineapple pieces, reserve juice	125 ml
1/2 cup	brown sugar	125 ml
1 tablespoon	cornflour	15 ml
1/2 cup	beef stock	125 ml
1/4 cup	vinegar	60 ml
2 teaspoons	soy sauce	10 ml

Method:

Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half of balls onto a paper towel lined dinner plate evenly spread. Cook on MEDIUM for 6 to 8 minutes, turning halfway through cooking. Set aside. Repeat with remaining mixture.

Sweet and Sour Sauce:

Drain pineapple and reserve pineapple juice. In a jug, combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on HIGH for 4 minutes. Stir and add pineapple pieces. Cook on HIGH for a further 2 to 3 minutes. Stir well. Spoon sauce over meatballs and serve.

To Cook by Grill:

Prepare meatballs as above. Preheat oven on Grill 1. Arrange meatballs on low rack and cook on Grill 1 for 10 to 12 minutes, turning once during cooking.

Beef Stroganoff

Serves: 4

Ingredients:

1 tablespoon	butter	15 ml
1	onion, sliced	1
750 g	rump steak sliced into ribbons	750 g
2 tablespoons	tomato sauce	30 ml
2 tablespoons	Worcestershire sauce	30 ml
200 g	sliced button mushrooms	200 g
1 tablespoon	cornflour	15 ml
1/2 cup	hot beef stock	125 ml
1/2 cup	sour cream	125 ml
1 tablespoon	chopped parsley	15 ml

Method:

Place butter, onion, meat, sauces and mushrooms into a 3-litre dish. Cook on MEDIUM-HIGH for 8 to 10 minutes. Combine stock and cornflour in a small bowl, then add to meat mixture. Stir well. Cook on MEDIUM-HIGH for a further 3 to 5 minutes. Add sour cream and parsley. Stir and cook on MEDIUM-HIGH for 2 minutes. Serve with egg noodles or rice.

Apricot Meatloaf

Serves: 4 to 6

Ingredients:

500 g	minced beef	500 g
1	onion, finely chopped	1
1 can (425 g)	apricot halves,drained and diced	1 can (425 g)
1/2	green capsicum (pepper), finely chopped	1/2
1 1/2 cups	soft breadcrumbs	375 ml
2 tablespoons	fruit chutney	30 ml
2 tablespoons	chopped parsley	30 ml
1	beef stock cube, crumbled	1
	ground black pepper	
1/4 cup	milk	60 ml
1	egg	1
2 tablespoons	apricot jam	30 ml

Method:

Combine all ingredients except jam in a large bowl, mix well. Place into a lightly greased 12 cm x 20 cm loaf dish. Cook on MEDIUM-HIGH for 20 to 25 minutes. Spread with jam while meatloaf is still warm.

Chinese Beef and Vegetables

Serves: 4 to 6

Ingredients:

500 g	rump steak	500 g
1 teaspoon	grated fresh ginger	2 ml
1	clove garlic, crushed	1
1 tablespoon	oil	15 ml
1 tablespoon	soy sauce	15 ml
1/2 cup	beef stock	125 ml
2 tablespoons	Hoi Sin sauce	30 ml
2 tablespoons	cornflour	30 ml
375 g	prepared vegetables, e.g. broccoli, onion petals, mushrooms, capsicum (green/red pepper) chunks, snow peas	375 g

Method:

Cut beef into paper thin strips. Place ginger, garlic and oil in a 3-litre dish. Cook on HIGH for 30 seconds. Add beef strips to dish and cook on HIGH for 2 minutes. Mix sauces with cornflour and stir through beef. Cook on HIGH for 2 minutes, stirring halfway through cooking. Add vegetables and cook on HIGH for 4 minutes, stir halfway through cooking. Stand for 5 minutes before serving with boiled rice.

Beef Roll with Spinach and Shallot Stuffing

Serves: 4 to 6

Ingredients:

2	thick skirt steaks (approx. 500 g each), pounded	2

Stuffing:

1 tablespoon	butter	15 ml
1	clove garlic, crushed	1
1/2	bunch spinach, washed and roughly chopped	1/2
4	shallots (spring onoins), finely sliced	4
1/4 cup	fresh breadcrumbs	60 ml
	salt and pepper	
1	egg, lightly beaten	1
1 tablespoon	slivered almonds	15 ml

Sauce:

1 can (410 g)	tomato puree	1 can (410 g)
1	clove garlic, crushed	1
1/2 teaspoon	dried oregano	2 ml
1/2 teaspoon	dried thyme	2 ml
1/2 teaspoon	dried basil	2 ml
	pinch of pepper	

Method:

Using a sharp knife, score the smooth side of the steaks to form a diamond pattern. Place steaks scored side down. Set aside. Place butter and garlic into a 2-litre casserole dish. Cook on HIGH for 30 to 40 seconds. Add spinach and shallots (spring onions) and cook on HIGH for 3 to 4 minutes. Allow to cool slightly. Add breadcrumbs, salt and pepper, egg and almonds to mixture. Mix until well combined. Place stuffing onto steaks and roll up lengthwise to form two long rolls. Secure rolls with string. Place beef rolls on a rack in a 3-litre casserole dish. Cook on MEDIUM-HIGH for 30 to 35 minutes, turning halfway through cooking. Allow to stand before carving into slices.

Sauce:

Place all ingredients into a 1-litre pyrex jug and mix well. Cook on HIGH for 8 to 10 minutes, or until the sauce is a thick pouring consistency. Pour over beef and serve.

Beef Roll with Spinach and Shallot Stuffing

Beef Bourguignonne MC A

Serves: 4

Ingredients:

750 g	topside beef	750 g
1/2 cup	red wine	125 ml
1	clove garlic, crushed	1
1	bay leaf	1
125 g	streaky bacon, rind removed and bacon chopped	125 g
12	button onions, peeled	12
1 tablespoon	flour	15 ml
3/4 cup	beef stock	190 ml
	salt and freshly ground black pepper	
2 to 3 tablespoons	brandy (optional)	30 to 45 ml
125 g	button mushrooms, cleaned and trimmed	125 g

Method:

Trim the meat and cut into 2.5 cm cubes. Place in a large casserole dish with the wine, garlic and bay leaf. Cover and leave several hours or overnight in a refrigerator. Place bacon in a shallow dish, cover with paper towel and cook on HIGH for 2 to 3 minutes. Mix in the flour then gradually add the stock. Combine all remaining ingredients except brandy and mushrooms.

To Cook by Combination:

Prepare as above, cook on Combination 1 for 50 minutes. Add the brandy and mushrooms and return casserole to oven uncovered for a further 10 minutes.

To Cook by One Touch Cooking:

Prepare as above and cover. Press [Casserole], then [Start].

Herbed Beef and Mozzarella Roll-Up

Herbed Beef and Mozzarella Roll-Up MC

Serves: 4 to 6

Ingredients:

750 g	topside mince	750 g
1	onion, finely chopped	1
1	clove garlic, crushed	1
	black pepper	
2 tablespoons	chopped parsley	30 ml
1 tablespoon	Italian herbs	15 ml
1	egg, lightly beaten	1
250 g	Mozzarella cheese, grated	250 g

Tomato Sauce:

1 can (425 g)	tomato pieces	1 can (425 g)
1 tablespoon	tomato paste	15 ml
1 teaspoon	dried basil	5 ml

Method:
Preheat oven to 190°C. Mix all ingredients (except cheese) until well combined. Lay a large sheet of greaseproof paper onto a work surface. Place meat on paper and press out firmly to measure 35 x 25 cm. Sprinkle cheese over meat mixture leaving a 2 cm border around all sides. Tightly roll up meat mixture. Place in a 23 x 13cm loaf tin. Cook on 190°C for 50 to 55 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

To Cook by Combination:
Prepare as above. Cook on Combination 1 for 40 to 45 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

Method for Sauce:
Combine all ingredients in a food processor and process until smooth. Pour into 4-cup (1 litre) jug. Cover with plastic wrap. Cook on HIGH for 5 to 7 minutes.

Pepper Pot Beef MC A

Serves: 4

Ingredients:

20 g	butter	20 g
1 teaspoon	minced garlic	5 ml
1	red capsicum (pepper), cut into 2.5 cm cubes	1
1 can (410 g)	peeled tomatoes	1 can (410 g)
750 g	cubed beef	750 g
3 tablespoons	tomato paste	45 ml
2	bay leaves	2
1 tablespoon	Worcestershire sauce	15 ml
1 tablespoon	ground black pepper	15 ml
1 cup	water	250 ml

Method:
Place butter and garlic in a 3-litre casserole dish. Cook on HIGH for 30 to 40 seconds. Add remaining ingredients.

To Cook by Microwave:
Cook on MEDIUM-HIGH for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with steamed rice.

To Cook by Combination:
Prepare as above. Cover and cook on Combination 1 for 50 to 60 minutes or until beef is tender.

To Cook by One Touch Cooking:
Prepare as above and cover. Press [Casserole], then [Start].

Veal and Pineapple Casserole MC A

Serves: 4 to 6

Ingredients:

125 g	bacon, rind removed	125 g
750 g	veal steak, diced	750 g
2 tablespoons	seasoned flour	30 ml
2	onions, sliced	2
1 can (450 g)	pineapple pieces, drained	1 can (450 g)
2 tablespoons	parsley, finely chopped	30 ml
½ teaspoon	dried basil	2 ml
1 cup	tomato puree	250 ml
1	chicken stock cube, crumbled	1

Method:
Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well and cover.

To Cook by Microwave:
Cook on MEDIUM-HIGH for 30 to 35 minutes. Stirring halfway through cooking.

To Cook by Combination:
Prepare as above, cook on Combination 1 for 40 to 45 minutes, stirring halfway through cooking.

To Cook by One Touch Cooking:
Prepare as above, press [Casserole], then [Start].

Veal Paprika MC

Serves: 4

Ingredients:

750 g	diced veal	750 g
250 g	mushrooms, sliced	250 g
1 cup	chicken stock	250 ml
1	onion, finely chopped	1
1 teaspoon	paprika	5 ml
	salt and pepper	
2 tablespoons	flour	30 ml
1 tablespoon	tomato paste	15 ml
1/2 cup	sour cream	125 ml

Method:
In a 3-litre casserole dish combine veal, mushrooms, 1/2 cup of the chicken stock, onion, paprika and salt and pepper. Cook on HIGH for 10 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

To Cook by Combination:
Prepare as above. Cook on Combination 1 for 35 to 40 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

Italian Sausage and Pepper Casserole MC

Serves: 4

Ingredients:

4 cups	water	1 litre
1 1/2 cups	elbow macaroni	375 ml
500 g	Italian sausages or chipolatas	500 g
2	large onions, diced	2
2	green capsicums (pepper), diced	2
1 can (425 g)	tomato purée	1 can (425 g)
1/2 teaspoon	salt	2 ml
1/4 teaspoon	pepper	1 ml
1 teaspoon	Italian herbs	5 ml
1/3 cup	Parmesan cheese	85 ml

Method:
Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add macaroni, cover and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum (pepper) in casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Stir in macaroni, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on Combination 1 for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further 15 minutes.

Crispy Spinach Stuffed Pork MC

Serves: 6

Ingredients:

1.8 kg	pork roll	1,8 kg
1/2	bunch spinach, washed and stalks removed	1/2
1	clove garlic, crushed	1
	juice of 1 lemon	
1/4 cup	pine nuts	60 ml

Method:
Unroll pork on a flat surface. Place spinach leaves, garlic and lemon juice in a 3-litre casserole dish. Cook covered on HIGH for 3 to 4 minutes. Place spinach mixture on top of pork and sprinkle with pine nuts. Re-roll pork tightly and secure with string. Place pork on the low rack. Cook on Combination 5 for 75 to 85 minutes. Stand covered for 10 minutes before carving.

Barbecued Spare Ribs G

Serves: 4

Ingredients:

1 kg	pork spare ribs	1 kg
3/4 cup	fruit chutney	190 ml
1/2 cup	tomato sauce	125 ml
1 tablespoon	soy sauce	15 ml
1 tablespoon	Worcestershire sauce	15 ml

Method:
Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Preheat grill on Grill 1. Cook spare ribs for 20 to 25 minutes. Turn halfway through cooking. Serve with rice.

Roast Pork MC A

Serves: 6 to 8

Ingredients:

2 to 2.25 kg	loin of pork, on bone	2 to 2,25 kg
2 teaspoons	salt	10 ml

Method:
Place pork skin side up on the low rack. Place on dish. Rub salt into rind of pork.

To Cook by Combination:
Cook on Combination 5 for 1 hour 30 to 45 minutes. Stand for at least 10 minutes before carving.

To Cook by One Touch Cooking:
Prepare as above. Press [Pork], enter the weight, then [Start].

Vegetable Varieties

Directions for Cooking Vegetables by Microwave

Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoons (30 to 45 ml) of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.
Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange, if required.
Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.
Allow to stand covered according to the time indicated in the charts.

Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.

Dried Beans or Peas

Place hot tap water, in a 4-litre dish. Bring hot water to the boil on HIGH for 10 to 12 minutes.

To Cook by Time: Add beans and 2 tablespoons (30 ml) oil to water. Cook according to directions in chart. Stir.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups (750 ml) cooked. Use in place of canned beans. Allow to stand, covered, for 15 to 20 minutes after cooking.

Frozen Vegetables Chart

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broad Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 to 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 to 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 to 8
Cauliflower	500 g	Cook in covered 2-litre dish.	5 to 7
Corn (1/2 cob) Corn (cobs)	1/2 cob (75 g) 250 g	Cook in covered 2-litre dish. Cook in covered 2-litre dish.	3 to 4 5 to 7
Mixed Vegetables	250 g	Cook in covered 2-litre dish.	5 to 7
Peas	250 g	Cook in covered 2-litre dish.	5 to 7
Spinach	250 g	Cook in covered 2-litre dish.	5 to 7

Dried Beans and Peas Chart

ITEM	CONTAINER	AMOUNT OF HOT WATER	APPROX. TIME TO BOIL HOT WATER on HIGH COVERED (in minutes)	TO COOK BEANS on MEDIUM-LOW COVERED (in minutes)
Lentils (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Soup Mix (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Split peas (250 g)	4-litre dish	2 litres	10 to 12	20 to 25
Beans (250 g) Soaked overnight	4-litre dish	2 litres	10 to 12	25 to 30

Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Asparagus	250 g	Covered dish with 1/2 cup (125 ml) water.	4 to 6
Beans (sliced)–finely	250 g	Covered dish with 1/4 cup (60 ml) water.	6 to 8
Beets	4 whole (1 kg)	Cover with 2 cups (500 ml) water in a 4-litre dish. Stand after cooking 5 mins.	15 to 20
Broccoli	500 g	Flowerets only, in a covered dish with 1/4 cup (60 ml) water.	6 to 8
Brussels Sprouts	500 g	Covered dish with 1/4 cup (60 ml) water.	4 to 6
Cabbage	500 g	Shredded, with 1/4 cup (60 ml) water in a covered dish.	6 to 8
Carrots	4 (sliced finely) (225 g)	With 1/4 cup (60 ml) water in a covered dish.	4 to 6
Cauliflower	500 g	Flowerets with 1/4 cup (60 ml) water in a covered dish.	6 to 8
Celery	6 stalks (400 g)	Cut in 1 cm angled pieces with 1/4 cup (60 ml) water, in a covered dish.	6 to 8
Corn	2 ears (500 g) 4 ears (1 kg)	Brush with melted butter and cook in a covered dish.	4 to 6 8 to 10
Eggplant	1 (500 g)	Dice with 1/4 cup (60 ml) water in a covered dish.	4 to 6
Onions	3 (200 g)	Cut in quarters with 1/4 cup (60 ml) water in a covered dish.	6 to 8
Mushrooms	250 g (sliced)	Cook with 2 tablespoons (30 ml) butter in a covered dish.	3 to 5
Peas	250 g	Shell peas and place with 1/4 cup (60 ml) water in a covered dish.	4 to 6
Potatoes – Mashed – Jacket	5 (500 g)	Peeled and quartered with 1/4 cup (60 ml) water. Prick skins, on paper towel lined plate, uncovered.	10 to 12 8 to 10
Pumpkin	500 g	Peeled and cut into uniform pieces with 1/4 cup (60 ml) water in a covered dish.	8 to 10
Spinach	250 g	Remove stem, cut leaves into small pieces. With 1/4 cup (60 ml) water in a dish, covered.	4 to 6
Sweet Potato (Kumara)	500 g	In serving size pieces with 2 tablespoons (30 ml) butter in a covered dish.	6 to 8
Turnips	500 g	Peeled and sliced finely with 1/4 cup (60 ml) water in a covered dish.	6 to 8
Tomatoes	2 (300 g)	Sliced and cooked covered with 1 tablespoon (15 ml) butter in a dish.	2 to 4
Zucchini (Courgette)	500 g	Cut in 2 cm pieces in a covered dish.	5 to 7

Creamed Spinach A

Serves: 4

Ingredients:

1	bunch spinach, roughly chopped	1
4	shallots (spring onions), finely chopped	4
1	clove garlic, crushed	1
2 tablespoons	sour cream	30 ml
	salt and pepper	

Method:
Wash and drain spinach leaves, shallots (spring onions) and garlic in a covered 3-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes.

To Cook by One Touch Cooking:
Press [Vegetables], then [Start].

To Complete:
Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on HIGH for 1 to 2 minutes. Serve.

Broccoli and Cheese Sauce A

Serves: 2 to 3

Ingredients:

250 g	broccoli, washed, trimmed and cut into florets	250 g
2 tablespoon	water	30 ml

Cheese Sauce:

2 tablespoons	butter	30 ml
2 tablespoons	flour	30 ml
1 cup	milk	250 ml
3/4 cup	grated cheese	190 ml
1/4 teaspoon	mustard	60 ml
	salt and pepper	

Method:
Place broccoli and water in a covered 2-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes. Drain and set aside.

To Cook by One Touch Cooking:
Press [Vegetables], then [Start]. Drain and set aside.

To Complete:
Place butter in a 4-cup (1 litre) jug and cook on HIGH for 30 seconds. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on MEDIUM for a further 1 minute.

Fanned Potatoes C

Serves: 4

Ingredients:

50 g	butter	50 g
800 g	potatoes, peeled	800 g
	salt	
	paprika	

Method:
Melt butter in a 2-cup (500 ml) jug on HIGH for 1 to 2 minutes.

To Cook by Convection:
Preheat oven to 200°C. Cut potatoes widthwise in thin slices, without cutting right through to the base. Place potatoes onto the low rack with cut side uppermost. Pour over melted butter. Sprinkle with salt and paprika. Cook on 200°C for 40 to 45 minutes, basting occasionally.

Savoury Brussels Sprouts A

Serves: 4

Ingredients:

500 g	Brussels sprouts	500 g
2 tablespoons	butter	30 ml
150 g	bacon, rind removed and bacon finely chopped	150 g
1	onion, finely chopped	1
1 teaspoon	dill or basil	5 ml
1 teaspoon	sugar	5 ml

Method:
Wash and drain Brussels sprouts. Place in a covered 2-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 4 to 5 minutes. Drain.

To Cook by One Touch Cooking:
Press [Vegetables], then [Start]. Drain.

To Complete:
Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 3 to 5 minutes. Add Brussels sprouts and cook on HIGH 1 to 2 minutes. Serve.

Herbed Grilled Mushrooms G

Serves: 4

Ingredients:

200 g	mushrooms	200 g
50 g	butter	50 g
1/4 teaspoon	oregano	1 ml
1/4 cup	chopped parsley	60 ml
1	clove garlic crushed	1
	salt and pepper	

Method:
Preheat Grill to Grill 1. Trim stalks off mushrooms. Mix together remaining ingredients in a small bowl. Dot mushrooms with butter mixture and place on the grill tray. Cook on Grill 1 for 10 to 12 minutes, turning several times during cooking.

Frittata

Serves: 4

Ingredients:

400 g	potatoes (approx. 4) thinly sliced	400 g
1	onion, peeled and sliced	1
1/2	red capsicum (pepper), finely sliced	1/2
1/2	green capsicum, finely sliced	1/2
1	medium sized tomato, chopped	1
2 tablespoons	chopped basil	30 ml
4	eggs	4
1/3 cup	sour cream	85 ml
	salt and pepper	
1 tablespoon	butter	15 ml
1/2 cup	grated tasty cheese	125 ml

Method:
Place potatoes and onion into a 2-litre flat dish and cook on HIGH for 5 to 7 minutes. Prepare remaining vegetables. Preheat a browning dish on HIGH for 5 minutes. Beat together eggs and sour cream, season with salt and pepper. Add butter and all vegetables to browning dish. Stir quickly. Pour over egg mixture and cook on HIGH for 4 to 5 minutes. Sprinkle with cheese and cook on MEDIUM-HIGH for a further 8 to 10 minutes. Allow to stand covered for 5 minutes before serving.

Vegetable Casserole A

Serves: 2 to 4

Ingredients:

1	onion, thinly sliced	1
1	carrot, thinly sliced	1
1	zucchini, thinly sliced	1
1/2 teaspoon	ground coriander	2 ml
1/4 teaspoon	turmeric	1 ml
1	chicken stock cube	1
3/4 cup	hot tap water	190 ml
1 tablespoon	butter	15 ml
1 tablespoon	flour	15 ml

Method:
Place onion, carrot, zucchini, coriander, turmeric, stock cube, water and butter in a covered 2-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 5 to 7 minutes.

To Cook by One Touch Cooking:
Press [Vegetables], then [Start].

To Complete:
Drain the liquid into a small bowl and blend with the flour. Mix well. Stir the flour mixture through the vegetables and cook on HIGH for 2 to 3 minutes. Stir and serve.

Stuffed Tomatoes

Serves: 2

Ingredients:

2	tomatoes (large)	2
1/4 cup	fresh breadcrumbs	60 ml
1/4 cup	grated cheese	60 ml
4	shallots (spring onios), finely sliced	4
1 tablespoon	finely chopped parsley	15 ml
	salt and pepper	
1/4 cup	extra grated cheese	60 ml

Method:
Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Place tomatoes in a 1-litre dish. Cook on HIGH for 1 minute. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Serve.

Tip: To cook 4 stuffed tomatoes, cook on HIGH for 6 to 8 minutes.

Mixed Julienne Vegetables

Serves: 4

Ingredients:

250 g	celery	250 g
250 g	carrots	250 g
250 g	zucchini	250 g
250 g	capsicum (green/red pepper)	250 g

Method:
Cut all vegetables into small matchstick size pieces. Place in a 2-litre casserole dish, cover and cook on HIGH for 4 to 6 minutes.

Oriental Vegetables

Serves: 4 to 6

Ingredients:

1 tablespoon	oil	15 ml
1 cup	diagonally sliced celery	250 ml
1	large onion, cut into petals	1
1	green capsicum (pepper), cut into 2.5 cm pieces	1
1	red capsicum (pepper), cut into 2.5 cm pieces	1
1 cup	sliced mushrooms	250 ml
1 tablespoon	Hoi Sin sauce	15 ml
2 teaspoons	soy sauce	10 ml

Method:
Preheat a browning dish on HIGH for 7 minutes. Add oil and vegetables and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in 1 cup (250 ml) glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.

Ardennis Style Potatoes

Ardennis Style Potatoes A

Serves: 4

Ingredients:

4	medium sized potatoes	4
100 g	ham, finely diced	100 g
3 tablespoons	snipped chives	45 ml
50 g	butter	50 g
1/2 cup	grated Cheddar cheese	125 ml
	ground black pepper	

Method:
Scrub potatoes, wash and pat dry with paper towel. Prick skins and place in a covered 2-litre casserole dish.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes.

To Cook by One Touch Cooking:
Press [Root veg.], then [Start].

To Complete:
Allow to cool slightly. Cut top off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes.

Cheesy Mashed Potatoes

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered	500 g
1/4 cup	water	60 ml
1/4 cup	milk	60 ml
1 tablespoon	butter	15 ml
1/4 cup	grated cheese	60 ml
	pinch nutmeg	

Method:
Place potatoes and water into a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes. Drain.
Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on HIGH for 1 minute, sprinkle with nutmeg. Stir well before serving.

Duchess Potatoes C

Makes: 24

Ingredients:

500 g	peeled and quartered potatoes	500 g
1/4 cup	water	60 ml
1	egg, lighlly beaten	1
1/4 cup	cream	60 m
	salt and white pepper	

Method:
Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Drain well and mash. Preheat oven on Grill 2. Add egg and cream, mix until smooth. Season to taste with salt and pepper. Grease a round baking tray with melted butter. Place potato mixture into a piping bag and pipe mixture in approximately 5 cm circles on the baking tray. Cook on Grill 2 for 5 to 7 minutes.

Jacket Potatoes

Makes: 2

Ingredients:

2	potatoes (approx. 250 g)	2

Method:
Scrub potatoes, wash and pat dry with paper towel. Prick skin with a fork. Place potatoes on paper towel lined plate. Cook on HIGH for 4 to 6 minutes.

Tip: Add 1 tablespoon (15 ml) of butter and parsley if desired.

Saute Mushrooms

Serves: 4 to 6

Ingredients:

1 tablespoon	butter	15 ml
400 g	mushrooms	400 g
1	clove garlic, crushed	1
	salt and pepper	
2 tablespoons	chopped parsley	30 ml

Method:
Place butter in a 2-litre dish and cook on HIGH for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on HIGH for 3 to 4 minutes. Stir halfway through cooking.

Honey Glazed Carrots A

Serves: 4 to 6

Ingredients:

500 g	carrots (approx. 4)	500 g
2 tablespoons	brown sugar	30 ml
2 teaspoons	butter	10 ml
2 tablespoons	honey	30 ml

Method:
Peel and thinly slice carrots.
Combine all ingredients in a 2-litre casserole dish.

To Cook by Microwave:
Cover and cook on HIGH for 6 to 8 minutes. Serve.

To Cook by One Touch Cooking:
Prepare as above. Cover with a lid or plastic wrap. Press [Vegetables], then [Start]. Serve.

Potato Casserole MC

Serves: 4 to 6

Ingredients:

750 g	peeled and sliced potaotes (approx. 6)	750 g
1/2 cup	sour cream	125 ml
3	shallots (spring onions), finely chopped	3
1	small onion, thinly sliced	1
1/4 cup	grated tasty cheese	60 ml
2	rashers bacon, finely chopped	2

Method:
Layer potatoes, sour cream, shallots and onion in a 2-litre casserole dish. Top with cheese and bacon.

To Cook by Microwave:
Cover and cook on HIGH for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

To Cook by Combination:
Prepare as above. Cook on Combination 5 for 35 to 40 minutes.

Tomato and Onion

Serves: 4

Ingredients:

600 g	tomatoes, thinly sliced (approx. 3)	600 g
1	onion, thinly sliced	1
1/2 teaspoon	basil	2 ml
	salt and pepper to taste	

Method:
Place all ingredients into a 2-litre casserole dish. Cook covered on HIGH for 7 to 10 minutes. Serve with barbecued steak or grilled meat.

Cabbage Ham and Onion A

Serves: 6

Ingredients:

500 g	cabbage, shredded	500 g
2 tablespoons	water	30 ml
1	onion, finely chopped	1
1 tablespoon	butter	15 ml
125 g	ham, finely chopped	125 g
	salt and pepper	

Method:
Place cabbage and water in a 3-litre casserole dish.

To Cook by Microwave:
Cover and cook on HIGH for 10 to 12 minutes. Drain and set aside.

To Cook by One Touch Cooking:
Prepare cabbage as above. Press [Vegetables], then [Start]. Drain and set aside.

To Complete:
Place onion and butter in a 1-litre casserole dish and cook on HIGH for 3 to 4 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season with salt and pepper and serve.

Crispy Jacket Potatoes MC

Serves: 4
Potatoes should always be pricked with a skewer to prevent bursting.

Ingredients:

4	equal sized potatoes (approx. 450 g)	4
	salt	
4 tablespoons	sour cream	60 ml
	snipped chives	

Method:
Scrub potatoes, wash and pat dry with paper towel. Prick skin and rub each potato with salt. Place potatoes in a 2-litre casserole dish. Cook on Combination 5 for 30 to 35 minutes. With a sharp knife cut a cross in the top of each potato. Serve with sour cream and snipped chives.

Stuffed Capsicums (Peppers)

Serves: 4

Ingredients:

4	medium sized green capsicums (pepper), remove tops and seeds	4
1 cup	cooked rice	250 ml
1/2 teaspoon	mixed herbs	2 ml
1	onion, finely chopped	1
1 cup	finely chopped ham or chicken	250 ml
1/4 cup	cream	60 ml
	salt and pepper to taste	
1/2 cup	grated tasty cheese	125 ml
	paprika	

Method:
Cook capsicums (pepper) in a 2-litre covered casserole dish on HIGH for 6 to 8 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicums (pepper). Top with grated cheese. Cook, uncovered, on HIGH for 3 to 5 minutes. Serve sprinkled with paprika.

Corn on the Cob A

Serves: 4

Ingredients:

4	cobs corn	4
2 tablespoons	butter	30 ml
	salt and pepper	

Method:
Place corn cobs in a 3-litre casserole dish and dot with butter.

To Cook by Microwave:
Cook covered on HIGH for 12 to 14 minutes. Stand covered for 5 minutes. Season with salt and pepper.

To Cook by One Touch Cooking:
Prepare as above. Cover securely. Press [Vegetables], then [Start]. Stand 5 minutes before serving.

Curried Creamy Beans

Serves: 4

Ingredients:

2 cups	frozen green beans	500 ml
2 tablespoons	cream cheese	30 ml
2 tablespoons	sour cream	30 ml
2	shallots, finely sliced	2
1/2 teaspoon	curry powder	2 ml
1/4 teaspoon	salt	1 ml

Method:
Place beans in a 2-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain and allow to stand, covered. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on HIGH for 30 to 60 seconds. Serve hot.

Minted Peas A

Serves: 4

Ingredients:

1 kg	fresh peas, podded	1 kg
1 teaspoon	water	5 ml
1 teaspoon	butter	5 ml
1 tablespoon	chopped mint	15 ml
	salt and pepper	

Method:
Combine all ingredients in a 1-litre casserole dish.

To Cook by Microwave:
Cover and cook on HIGH for 6 to 8 minutes. Stir and serve.

Tip: Frozen Peas can be substituted for fresh. 250 g of frozen peas will take 5 to 7 minutes on HIGH.

To Cook by One Touch Cooking:
Prepare as above.
Cover with a lid or plastic wrap. Press [Vegetables], then [Start]. Stand covered for 2 to 3 minutes. Stir and serve.

Cauliflower Au Gratin A G

Serves: 4

Ingredients:

500 g	cauliflower, trimmed and cut into florets	500 g
2 tablespoons	water	30 ml
2 tablespoons	butter	30 ml
1	small onion, finely chopped	1
2 tablespoons	flour	30 ml
1 cup	milk	250 ml
1/2 cup	grated tasty cheese	125 ml
2 tablespoons	fresh bread crumbs	30 ml

Method:
Place cauliflower and water in a covered shallow casserole dish.

To Cook by Microwave:
Cook on HIGH for 6 to 8 minutes. Stand covered while making sauce.

To Cook by One Touch Cooking:
Prepare cauliflower as above. Press [Vegetables], then [Start]. Stand covered while making sauce.

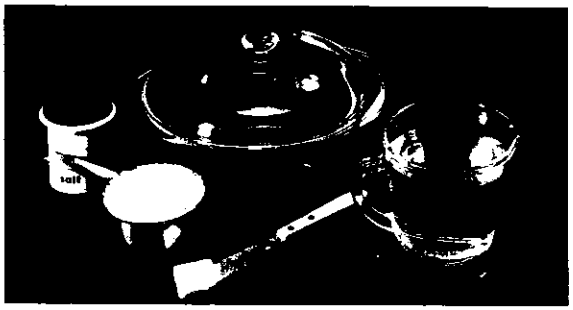
To Make Sauce:
Place butter and onion in a 4-cup (1 litre) glass jug. Cook on HIGH for 2 to 3 minutes. Stir in flour and cook on HIGH for 1 minute. Add milk gradually. Stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.

To Complete:
Preheat oven on Grill 1. Drain cauliflower and pour over sauce. Sprinkle with cheese and breadcrumbs. Place a dish on the low rack and cook on Grill 1 for 3 to 5 minutes.

Rice, Pasta and Cereal

Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart on page 76 for recommended dish size, amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions.



Cook on HIGH for time recommended in chart. Allow to stand covered before serving.

For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

Directions for Cooking Pasta by Microwave

Follow directions in chart on page 76 for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon (5 ml) salt and 1 tablespoon (15 ml) oil. Add pasta and cook for times recommended in chart.

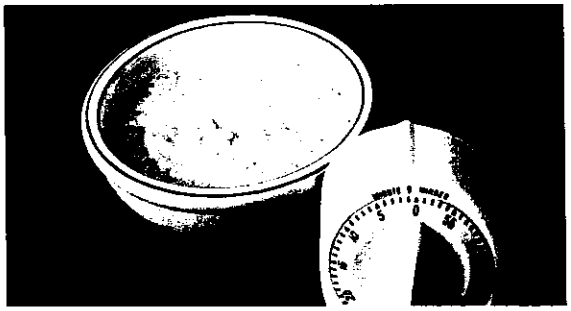
Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.

Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave

Combine 1/4 cup (60 ml) of quick cooking oats, pinch salt and 2/3 cup (165 ml) hot tap water in a breakfast bowl.

Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Directions for Cooking Rice and Other Grains by Microwave

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK GRAIN on HIGH UNCOVERED (in minutes)	STANDING TIME (in minutes)
RICE				
Brown (1 cup/250 ml)	4-litre dish	4 cups (1 litre)	22 to 25	10
Long Grain (1 cup/250 ml)	3-litre dish	1 1/2 cups (375 ml)	10 to 12	5
Short Grain (1 cup/250 ml)	3-litre dish	1 1/2 cups (375 ml)	10 to 12	5
BARLEY (1 cup/250 ml)	3-litre dish	4 cups (1 litre)	25 to 30	10 (then drain)

Directions for Cooking Pasta by Microwave

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK PASTA on HIGH UNCOVERED (in minutes)	STANDING TIME (in minutes)
Egg Noodles medium width (250 g)	4-litre dish	6 cups (1.5 litre)	6 to 8	5
Elbow Macaroni (250 g)	3-litre dish	4 cups (1 litre)	8 to 10	5
Lasagna Noodles (250 g)	4-litre dish	6 cups (1.5 litre)	8 to 10	5
Spaghetti (250 g)	4-litre dish	4 cups (1 litre)	10 to 12	5
Specialty Noodles bows, shells, etc. (250 g)	4-litre dish	4 cups (1 litre)	8 to 10	5

Coconut Rice

Serves: 4 to 6

Ingredients:

30 g	butter	30 g
1	onion, finely chopped	1
2 cups	long grain rice	500 ml
2 1/2 cups	chicken stock	625 ml
1 x 340 ml	coconut milk	1 x 340 ml
1 teaspoon	turmeric	5 ml
1 teaspoon	cumin	5 ml

Method:

Cook butter in a 3-litre casserole dish on HIGH for 30 to 40 seconds. Add onion and cook on HIGH for 2 to 3 minutes. Add remaining ingredients and stir. Cook on HIGH for 14 to 16 minutes.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:

60 g	butter	60 g
2	onions, finely chopped	2
2 tablespoons	flour	30 ml
2 cups	milk	500 ml
1 cup	grated tasty cheese	250 ml
6 cups	cooked macaroni, drained well	1,5 litres
1/2 cup	extra grated tasty cheese	125 ml
	paprika	

Method:

Place butter and onions in a 2-litre casserole dish and cook on HIGH for 5 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish.
Top with extra cheese and sprinkle with paprika.
Cook on HIGH for 6 to 8 minutes.

Pilaf

Serves: 4 to 6

Ingredients:

30 g	butter	30 g
1	onion, finely chopped	1
2 cups	long grain rice	500 ml
	salt and pepper	
4 cups	boiling chicken stock	1 litre
100 g	cashew nuts	100 g
50 g	sultanas	50 g

Method:

Melt butter in a 3-litre casserole dish on HIGH for 30 to 40 seconds. Add onion and cook on HIGH for 2 to 3 minutes or until softened. Add rice and seasonings. Stir. Cook on HIGH for 2 minutes or until rice becomes translucent. Pour over boiling stock and stir. Cook on HIGH for 14 to 16 minutes. Stir through cashews and sultanas. Serve hot with your favourite chicken dish.

Pilaf

Paella

Serves: 6 to 8

Ingredients:

500 g	mussels	500 g
1/4 cup	water	60 ml
1	green capsicum (pepper), sliced	1
1	red capsicum (pepper), sliced	1
2	onions, sliced	2
1	clove garlic, crushed	1
2 tablespoons	butter	30 ml
2 cups	long grain rice	500 ml
1 can (440 g)	peeled tomatoes, roughly chopped	1 can (440 g)
1 1/2 cup	hot chicken stock	375 ml
	pinch saffron powder	
1 1/2 cups	cooked diced chicken	375 ml
200 g	peeled green prawns	200 g

Method:

Place mussels and water into a 3-litre dish, cover and cook on MEDIUM-HIGH for 4 to 5 minutes. Set aside. Place capsicums (pepper), onions, garlic and butter into a 4-litre dish and cook on HIGH for 5 to 6 minutes. Add rice and stir well. Cook on HIGH for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on HIGH for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on MEDIUM-HIGH for 4 to 6 minutes. Stand for 5 minutes before serving.

Stir Fried Rice

Serves: 4

Ingredients:

1 tablespoon	vegetable oil	15 ml
1	clove garlic, crushed	1
	1 cm piece of green ginger, finely chopped	
1	small carrot, finely chopped	1
1	stick celery, sliced	1
1/2	green or red capsicum (pepper), cut in strips	1/2
6 to 8	medium muhsrooms, sliced	6 to 8
3	shallots (spring onions), chopped	3
2	eggs	2
1	small can prawns (optional)	1
1 to 2 tablespoons	soy sauce	15 to 30 ml
2 cups	cooked brown rice	500 ml

Method:

Place oil, garlic and ginger in a large shallow dish and cook on HIGH for 1 to 2 minutes. Add carrot, celery and capsicum (pepper) and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on MEDIUM-HIGH for 1 1/2 to 2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.

Note: 1 cup (250 ml) uncooked rice will yield 2 cups (500 ml) cooked.

Bacon and Onion fettucine

Bacon and Onion Fettucine A

Serves: 4

Ingredients:

250 g	fettucine	250 g
4 cups	hot tap water	1 litre
1 tablespoon	butter	15 ml
1	onion, finely chopped	1
1	clove garlic, crushed	1
3	rashers bacon, rind removed and bacon chopped	3
1/2 cup	cream	125 ml
1 tablespoon	grated Parmesan cheese	15 ml
2 tablespoons	finely chopped parsley	30 ml
1/2 teaspoon	freshly ground black pepper	2 ml
1/4 teaspoon	salt	1 ml
1 tablespoon	extra Parmesan cheese	15 ml

Method:

To Cook by Microwave:

Place fettucine and water in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes. Stand covered for 2 minutes. Drain.

To Cook by One Touch Cooking:

Place fettucine and water in a 3-litre casserole dish. Press [Pasta], then [Start]. Drain.

To Complete:

Place butter in a 2-litre casserole dish and cook on HIGH for 30 seconds. Add onion, garlic and bacon and cook on HIGH for 5 minutes. Add cream, Parmesan cheese, parsley, drained fettucine and seasonings and mix well. Cook on HIGH for 2 minutes. Serve sprinkled with extra Parmesan cheese.

Rice Salad

Serves: 6 to 8

Ingredients:

2 cups	long grain brown rice	500 ml
2	shallots (spring onions), chopped	2
1	red capsicum (pepper), chopped	1
2	stalks celery, chopped	2
1/3 cup	dates, stoned and chopped	85 ml
1/4 cup	blanched almonds	60 ml
1/4 cup	sunflower seeds	60 ml

Dressing:

2 tablespoons	oil	30 ml
2 tablespoons	unsweetened apple juice	30 ml
2 tablespoons	cider vinegar	30 ml
2 tablespoons	bran	30 ml
1 teaspoon	curry powder	5 ml
1	clove garlic, crushed	1
	black pepper	

Method:

Follow method for boiled brown rice recipe to cook rice. Drain rice and allow to cool. Combine with prepared ingredients. Prior to serving, pour dressing over.

Salad dressing:

Shake all ingredients in a screw top jar until well mixed.

Asparagus and Macaroni G

Serves: 4

Ingredients:

1 can (440 g)	cream of chicken soup	1 can (440 g)
1 can (440 g)	asparagus cuts	1 can (440 g)
1/8 teaspoon	cayenne pepper	0,5 ml
	pinch nutmeg	
1 cup	grated Cheddar cheese	250 ml
2 cups	cooked macaroni	500 ml
1 cup	soft breadcrumbs	250 ml
1 cup	extra grated Cheddar cheese	250 ml

Method:

Combine chicken soup, juice from asparagus cuts, cayenne pepper, nutmeg, and cheese. Place half the macaroni into the bottom of a 3-litre casserole dish. Pour over one-third of the soup mixture and then sprinkle with half of the asparagus. Repeat layers ending with soup mixture. Combine breadcrumbs and extra cheese and sprinkle over the top of mixture. Cook uncovered on MEDIUM for 15 to 18 minutes.

To Complete:

Preheat oven on Grill 1. Cook on Grill 1 for 5 to 7 minutes until golden.

Pasta Salad

Serves: 4

Ingredients:

225 g	pasta shapes, i.e. shells, twists	225 g
1 teaspoon	salt	5 ml
6 cups	boiling water	1,5 litres
1 tablespoon	oil	15 ml
45 g	butter	45 g
120 g	mushrooms, sliced	120 g
4	shallots (spring onions), finely chopped	4
1	small red capsicum (pepper), deseeded and cut in julienne strips	1
1	small green capsicum, deseeded and cut in julienne strips	1
1/4 cup	salad oil	60 ml
3 tablespoons	malt vinegar	45 ml
1 tablespoon	tomato paste	15 ml
1 teaspoon	poppy seeds	5 ml
2 teaspoons	mixed dried herbs	10 ml
	ground pepper to taste	

Method:

To Cook by Microwave:

Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 8 to 10 minutes, then leave to stand, covered for 5 minutes.

To Cook by One Touch Cooking:

Place pasta, salt, water and oil in a large bowl. Press [Pasta], then [Start].

To Complete:

Drain and leave to thoroughly cool. Place the butter in a bowl and cook on HIGH 30 to 40 seconds to melt. Add the mushrooms and cook on HIGH for 1 1/2 to 2 minutes. Drain and leave to cool.

When pasta and mushrooms are thoroughly cold place in a large bowl with shallots and capsicum. Put the salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill well before serving.

Pesto and Egg Noodles

Serves: 6 to 8

Ingredients:

6 cups	boiling water	1,5 litres
250 g	packet egg noodles	250 g
2	cloves garlic, crushed	2
1/2 cup	chopped fresh basil leaves	125 ml
1/4 cup	pine nuts, finely chopped	60 ml
1/2 cup	grated Parmesan cheese	125 ml
1 cup	olive oil	250 ml
	salt and black pepper	

Pesto and Egg Noodles

Method:

Place water in a 3-litre casserole dish. Add egg noodles. Cook on HIGH for 6 to 8 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

Chicken and Mushroom Tagliatelle

Serves: 6

Ingredients:

250 g	tagliatelle	250 g
6 cups	hot tap water	1,5 litres
30 g	butter	30 g
1	onion, chopped	1
1	clove garlic, crushed	1
1 1/2 cups	diced mushrooms	375 ml
2 tablespoons	flour	30 ml
1/2 teaspoon	mustard	2 ml
1 cup	milk	250ml
1 1/2 cups	diced cooked chicken	375 ml
1/2 cup	cream	125 ml
1/2 cup	grated cheese	125 ml
2 tablespoons	Parmesan cheese	30 ml
2 tablespoons	chopped parsley	30 ml

Method:

Heat water in a 4 litre deep sided dish on HIGH for 10 minutes. Add pasta, stir and cook on HIGH for 12 to 15 minutes. Allow pasta to stand covered while preparing sauce, then drain well. Place butter, onion and garlic in a 3-litre dish and cook on HIGH for 2 to 3 minutes. Add flour and mustard, mix well and cook on HIGH for 1 to 1 1/2 minutes. Add milk and cream, stir and cook on MEDIUM for 4 to 5 minutes, stirring halfway through cooking. Add chicken, mushrooms, cheeses, parsley and drained pasta, mix well. Cook on MEDIUM for a further 4 to 5 minutes. Serve.

Cakes, Muffins and Biscuits

Caramel Banana Cake C A

Makes: 1 x 20 cm ring cake

Ingredients:

125 g	butter	125 g
3/4 cup	brown sugar	190 ml
2	eggs, lightly beaten	2
1 cup	mashed banana	250 ml
1 1/2 cups	self-raising flour	375 ml
1 teaspoon	bicarbonate of soda	5 ml
3/4 cup	sour cream	190 ml
1 tablespoon	milk	15 ml
1/2 cup	pecans, roughly chopped	125 ml

Caramel Icing

40 g	butter	40 g
1/2 cup	brown sugar	125 ml
2 tablespoons	sour cream	30 ml
1/4 cup	pecans, roughly chopped	60 ml
1 1/2 cups	icing sugar	375 ml

Method:

To Cook by Convection:

Preheat oven to 170°C. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased and lined 20 cm ring pan. Cook for 45 minutes or until cooked. When cool, spread with caramel icing.

Caramel Icing:

Melt butter and brown sugar on HIGH for 1 to 2 minutes. Heat until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

To Cook by One Touch Cooking:

Prepare as above. Place on low rack. Press [Cake/Dessert], then [Start].

Quick Mix Chocolate Cake

Makes: 1 x 20 cm ring cake

Ingredients:

1 cup	self-raising flour	250 ml
1 cup	caster sugar	250 ml
2 tablespoons	cocoa	30 ml
3 tablespoons	butter, softened	45 ml
2	eggs	2
1/3 cup	milk	85 ml

Method:

Sift all dry ingredients into a bowl, add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on MEDIUM-HIGH for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

Tip: To soften butter cook on MEDIUM for 10 to 15 seconds.

Vanilla Poppy seed Cake C

Makes: 1 x 19 x 9 cm loaf pan

Ingredients:

125 g	butter	125 g
1 cup	caster sugar	250 ml
1 teaspoon	vanilla essence	5 ml
2	eggs	2
1 1/2 cups	plain flour	375 ml
1/2 cup	sour cream	125 ml
1/4 cup	poppy seeds	60 ml

Lemon Icing

40 g	butter	40 g
1 1/2 cups	icing sugar	375 ml
1 tablespoon	lemon juice	15 ml

Method:

To Cook by Convection:

Preheat oven to 170°C. Grease and paper line a 19 x 9 cm loaf pan. Cream butter, sugar and essence until light and fluffy. Beat in eggs, one at a time until combined. Stir in half the sifted flour and sour cream and then remaining flour, sour cream and poppy seeds. Spread mixture into prepared pan and place in oven. Cook for 50 to 60 minutes. Stand for 10 minutes before turning onto wire rack. Spread cold cake with icing.

Icing:

Beat butter until light, before beating in icing sugar and lemon juice.

Coconut and Apricot Cake C A

Makes: 1 x 20 cm ring cake

Ingredients:

1 cup	chopped dried apricot	250 ml
1 cup	apricot nectar	250 ml
125 g	butter	125 g
2/3 cup	raw sugar	165 ml
2	eggs, separated	2
1 1/2 cups	coconut	375 ml
1 1/2 cups	self-raising flour	375 ml

Method:

To Cook by Convection:

Preheat oven to 170°C. Place apricots and nectar in a small bowl. Cook on HIGH for 3 to 5 minutes. Grease and line a deep 20 cm ring pan. Cream butter and sugar until light and fluffy. Beat in egg yolks, one at a time until combined. Stir in coconut and half the sifted flour and apricot mixture. Stir in remaining flour and apricots. Beat egg whites until soft peaks form. Fold into mixture and spread into prepared pan. Cook for 50 to 60 minutes. Allow to stand for 10 minutes before turning onto rack to cool.

To Cook by One Touch Cooking:

Prepare as above. Place on low rack. Press [Cake/Dessert], then [Start].

Mocha Carrot Cake MC

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour	250 ml
1/2 teaspoon	bicarbonate of soda	2 ml
1/2 cup	caster sugar	125 ml
1/2 cup	crushed pineapple	125 ml
1 cup	grated carrot	250 ml
3/4 cup	chopped pecan nuts	190 ml
60 g	chocolate	60 g
2	eggs	2
1/3 cup	oil	85 ml

Icing:

60 g	cream cheese	60 g
20 g	butter	20 g
1 1/2 cups	icing sugar	375 ml
1 tablespoon	lemon juice	15 ml
1/4 cup	chopped pecan nuts	60 ml

Method:

In a bowl place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts. Place chocolate into a small bowl and cook on MEDIUM-HIGH for 40 to 60 seconds, stir halfway through cooking. Add chocolate, eggs, and oil to flour mixture and mix until well combined. Grease a microwave safe ring dish and cook on MEDIUM-HIGH for 6 to 8 minutes. Allow to stand covered for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

To Cook by Manual Combination:

Prepare as above. Place on the low rack. Cook on Combination 4 for 25 to 35 minutes.

Chocolate and Coffee Truffles

Makes: Approximately 24

Ingredients:

1 cup	icing sugar	250 ml
4 tablespoons	cocoa	60 ml
1 tablespoon	instant coffee powder	15 ml
60 g	plain sweet biscuits, crushed	60 g
60 g	copha	60 g
1 teaspoon	vanilla essence	5 ml
1/2 cup	condensed milk	125 ml
	chocolate sprinkles	

Method:

Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copha in a small bowl and cook on HIGH for 1 1/2 to 2 minutes. Cool copha slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

Rich Fruit Cake C

Serves: 6 to 8

Ingredients:

1.5 kg	mixed dried fruit	1,5 kg
1/4 cup	chopped glacé pineapple	60 ml
1 cup	slivered almonds	250 ml
250 g	butter	250 g
1 cup	brown sugar	250 ml
2 teaspoons	cinnamon	10 ml
2 teaspoons	mixed spice	10 ml
1/2 cup	sherry	125 ml
1/2 cup	water	125 ml
3	eggs, lightly beaten	3
1 tablespoon	golden syrup	15 ml
2 teaspoons	parisienne essence	10 ml
1 teaspoon	grated lemon rind	5 ml
2 teaspoons	grated orange rind	10 ml
1/2 cup	orange juice	125 ml
13/4 cups	plain flour	440 ml
1/3 cup	self-raising flour	85 ml
1/2 teaspoon	bicarbonate soda	2 ml

Method:

Grease a deep 23 cm round cake pan. Line the base and sides with two thicknesses of greaseproof paper, bringing the paper 5 cm above the edge of the pan. Combine fruit, almonds butter, sugar spices, sherry and water in a large bowl. Cook on HIGH for 15 minutes, stir half way through cooking. Allow to cool slightly.

To Cook by Convection:

Preheat oven to 150°C. Add eggs, golden syrup, parisienne essence, rinds and juice to fruit mixture. Stir in remaining ingredients. Spread mixture evenly into the pan. Cook for 1 1/2 to 2 hours or until cake is cooked. Cover cake with foil. Allow to cool in pan about 1 hour, before turning onto a wire rack.

Date and Walnut Fudge

Makes: 25 slices

Ingredients:

250 g	sweet biscuits, crushed	250 g
50 g	walnuts, chopped	50 g
100 g	dates, chopped	100 g
2 teaspoons	cocoa	10 ml
2 teaspoons	coffee powder	10 ml
175 g	dark chocolate, broken into pieces	175 g
1 can (400 g)	condensed milk	1 can (400 g)
1 teaspoon	vanilla essence	5 ml

Method:

Grease and line a 20 cm square dish. Mix biscuit crumbs, walnuts and dates in a bowl. Place remaining ingredients in a separate bowl and cook on MEDIUM-HIGH for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

Muffins

Banana Pecan Muffins C

Makes: Approximately 12 to 15

Ingredients:

2 cups	self-raising flour	500 ml
1 cup	plain flour	250 ml
1 teaspoon	bicarbonate of soda	5 ml
1 cup	brown sugar, firmly packed	250 ml
2	eggs, lightly beaten	2
1 1/2 cups	milk	375 ml
3/4 cup	oil	190 ml
1 cup	mashed over-ripe bananas	250 ml
1/2 cup	chopped pecans	125 ml

Method:
Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over-mix, batter should be lumpy. Stir in banana and pecans. Pour into muffin tins.

To Cook by Convection:
Cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on the rack.

Choc Chip Raspberry Muffins C

Makes: 15

Ingredients:

2 cups	self-raising flour	500 ml
3/4 cup	caster sugar	190 ml
100 g	Choc Bits	100 g
2	eggs, lightly beaten	2
3/4 cup	milk	190 ml
1/2 cup	oil	125 ml
200 g	raspberries	200 g

Method:
Place all ingredients except raspberries in a large bowl and stir for 1 minute. Add raspberries, fill greased muffin tins three quarters full with mixture.

To Cook by Convection:
Cook on 200°C for 20 minutes or until golden brown. Serve warm or cold.

Apricot Pecan Muffins C

Makes: 12 to 15

Ingredients:

1 3/4 cups	self-raising flour	440 ml
1/2 cup	caster sugar	125 ml
1 teaspoon	baking powder	5 ml
1	egg	1
3/4 cup	milk	190 ml
80 g	butter, melted	80 g
1 cup	chopped dried apricots	250 ml
1 cup	roughly chopped pecans	250 ml

Method:
Sift dry ingredients into a bowl, stir in sugar, then combined egg, milk and melted butter, do not over mix, batter should be lumpy. Stir in apricots and pecans. Pour into a greased muffin pan.

To Cook by Convection:
Cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on a rack.

Apple Spice Muffins C

Makes: Approximately 12 to 15

Ingredients:

2 cups	self-raising flour	500 ml
1 cup	plain flour	250 ml
1 teaspoon	bicarbonate of soda	5 ml
1 cup	brown sugar, firmly packed	250 ml
2	eggs, lightly beaten	2
1 1/2 cups	milk	375 ml
3/4 cup	oil	190 ml
2 teaspoons	ground cinnamon	10 ml
1 cup	finely chopped apple	250 ml

Method:
Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over mix, batter should be lumpy. Stir in cinnamon and apple. Pour into muffin pans.

To Cook by Convection:
Cook on 200°C for 20 minutes. Stand 2 minutes, remove from pan, cool on wire rack.

Lace Biscuits C

Makes: 18 to 20 biscuits

Ingredients:

2 tablespoons	liquid glucose	30 ml
1/4 cup	brown sugar	60 ml
60 g	butter, melted	60 g
1/3 cup	plain flour	85 ml
60 g	almonds, finely chopped	60 g

Method:

Combine glucose and sugar in a 1-litre casserole dish. Cook on MEDIUM for 2 to 3 minutes. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well.

To Cook by Convection:

Preheat oven to 180°C. Place small teaspoonsful of mixture 8 cm apart onto a greased oven tray (It is best to cook one tray at a time.). Cook on 180°C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from tray, to allow edges to firm for easier removal.

Tip: To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centres with whipped cream.

Note: Liquid glucose is available at most health food shops.

Anzac Biscuits C

Makes: 36 to 40 biscuits

Ingredients:

125 g	butter, melted	125 g
1 tablespoon	golden syrup	15 ml
1 teaspoon	bicarbonate of soda	5 ml
2 tablespoons	hot water	30 ml
1 cup	rolled oats	250 ml
1 cup	coconut	250 ml
1 cup	plain flour	250 ml
1 cup	brown sugar	250 ml

Method:

To Cook by Two Level Convection:

Preheat oven to 160°C. Combine bicarbonate of soda and water in a small bowl. Add dry ingredients and water mixture to butter and syrup. Mix well. Place small teaspoons of mixture onto greased baking trays, allowing room for spreading. Cook on 160°C for 12 to 14 minutes. Leave on trays for a few minutes, then transfer to wire cake rack until biscuits are cool.

Chocolate Chip Cookies C

Makes: 30 large cookies

Ingredients:

250 g	butter	250 g
1 cup	brown sugar	250 ml
1 cup	caster sugar	250 ml
1 teaspoon	vanilla essence	5 ml
2	eggs	2
3 cups	self-raising flour	750 ml
250 g	choc bits	250 g

Method:

To Cook by Two Level Convection:

Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits. Place tablespoons of mixture onto greased baking trays. Cook on 180°C for 12 to 15 minutes or until golden brown.

Cinnamon Crisps C

Makes: Approximately 25

Ingredients:

125 g	butter	125 g
1 cup	caster sugar	250 ml
1 teaspoon	vanilla essence	5 ml
2	eggs	2
1 1/2 cups	self-raising flour	375 ml

Method:

To Cook by Two Level Convection:

Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour.Place tablespoons of mixture on a greased baking trays. Cook on 180°C for 12 to 15 minutes or until golden brown.

Slices, Desserts and Pastries

Apple Slice

Apple Slice C

Makes: 2 slices

Ingredients:

3	cooking apples, peeled and sliced thinly	3
1/4 teaspoon	cinnamon	1 ml
	pinch nutmeg	
2	sheets ready rolled puff pastry	2
1	egg, lightly beaten	1
	caster sugar	

Method:

Place apples, cinnamon and nutmeg into a 2-litre casserole dish. Cook covered on HIGH for 3 to 5 minutes. Drain well.

To Cook by Convection:

Preheat oven to 210°C. Cut sheets of pastry in half. Place 2 halves of pastry side by side on a bread board. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining sheets of pastry on top of apple mixture. Secure edges together. Brush top with egg.

Cut slits across the top of each pastry. Sprinkle with caster sugar. Place slices on a greased baking tray. Cook on 210°C for 20 to 25 minutes.

Chocolate Fudge Slice MC A

Makes: 1 x 20 cm square pan

Ingredients:

125 g	butter	125 g
200 g	dark chocolate, chopped	200 g
1 cup	caster sugar	250 ml
2 teaspoons	vanilla essence	10 ml
2	eggs	2
1 cup	plain flour	250 ml
3/4 cup	chopped pecan nuts	190 ml

Topping:

150 g	dark chocolate	150 g
1/4 cup	sour cream	60 ml

Method:

Grease and paper line a 20 cm square pan. Melt butter and chocolate on MEDIUM-HIGH power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and pecan nuts. Spread into prepared pan. Cook on Combination 4 for 25 to 30 minutes. Allow to cool, remove from pan and spread with prepared topping. Cut into small squares.

To Cook by Auto Combination:

Prepare as above. Place on the low rack. Press [Cake/Slice], then [Start].

To Prepare Topping:

Melt chocolate on MEDIUM-HIGH power for 1 to 2 minutes, stirring once. Mix in sour cream.

Raspberry Coconut Slice MC A

Makes: 1 x 20 cm square pan

Ingredients:

90 g	butter	90 g
1/2 cup	caster sugar	125 ml
1	egg	1
1/3 cup	self-raising flour	85 ml
2/3 cup	plain flour	165 ml
1/2 cup	raspberry jam	125 ml

Topping:

2	eggs	2
1/3 cup	caster sugar	85 ml
2 cups	desiccated coconut	500 ml

Method:

Grease and paper line a 20 cm square pan. Cream butter, sugar and eggs until light and fluffy. Stir in flour. Spread mixture into pan then spread jam over the base. Spinkle with topping. To prepare topping, beat eggs lightly, then mix in sugar and coconut. Cook on Combination 3 for 25 to 30 minutes.

To Cook by One Touch Cooking:

Prepare as above. Place on the low rack. Press [Cake/Slice], then [Start].

Caramel Coconut Slice A MC

Makes: 1 x 19 x 28 cm pan

Ingredients:

100 g	butter	100 g
1/2 cup	plain flour	125 ml
1/2 cup	self-raising flour	125 ml
1/2 cup	coconut	125 ml
1/2 cup	caster sugar	125 ml
Filling:		
1 can (400 g)	sweetened condensed milk	1 can (400 g)
2 tablespoons	golden syrup	30 ml
1/3 cup	brown sugar	85 ml
40 g	butter	40 g
Topping:		
2	eggs	2
1/3 cup	caster sugar	85 ml
2 cups	coconut	500 ml

Method:

Grease and paper line a 19 x 28 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan. Spread filling over base and sprinkle with topping. Cook on Combination 3 for 30 to 35 minutes. To prepare filling, place all ingredients in a bowl and cook on MEDIUM-HIGH for 3 to 5 minutes, stirring twice during cooking. To prepare topping, combine all ingredients and mix well.

To Cook by One Touch Cooking:

Prepare as above. Place on the low rack. Press [Cake/Slice], then [Start].

Muesli Slice

Makes: 20 squares

Ingredients:

125 g	butter	125 g
1 cup	brown sugar	250 ml
3 tablespoons	honey	45 ml
2 cups	natural muesli	500 ml
1 cup	coconut	250 ml
1/2 cup	sultanas	125 ml
50 g	dark cooking chocolate, melted	50 g

Method:

Combine butter, sugar and honey in a 2-litre dish and cook on HIGH for 1 to 2 minutes. Add muesli, coconut and sultanas, mix well. Press into an 18 cm x 28 cm flat dish. Cook on HIGH for 4 to 5 minutes. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

Lemon Coconut Meringue Slice A MC

Makes: 1 x 19 x 28 cm pan

Ingredients:

90 g	butter	90 g
1/4 cup	caster sugar	60 ml
3/4 cup	plain flour	190 ml
1/3 cup	cornflour	85 ml
1 can (400 g)	condensed milk	1 can (400 g)
2	eggs, separated	2
2 teaspoons	grated lemon rind	10 ml
1/2 cup	lemon juice	125 ml
1/4 cup	caster sugar, extra	60 ml
1/2 cup	desiccated coconut	125 ml
1/2 cup	slivered almonds	125 ml

Method:

Grease and paper line a 19 x 28 cm lamington pan. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on MEDIUM-HIGH for 3 to 4 minutes, stirring twice. Spread over base. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds. Cook on Combination 3 for 35 to 40 minutes.

To Cook by One Touch Cooking:

Prepare as above. Place on the low rack. Press [Cake/Dessert], then [Start].

Honey Almond Brownies C

Makes: 16

Ingredients:

125 g	butter	125 g
200 g	white chocolate	200 g
3/4 cup	sugar	190 ml
1/4 cup	honey	60 ml
2 teaspoons	vanilla essence	10 ml
2	eggs	2
1 cup	plain flour	250 ml
3/4 cup	blanched almonds	190 ml

Method:

Melt butter and chocolate on MEDIUM-HIGH for 1 to 2 minutes. Add sugar, honey, vanilla essence and eggs and mix well. Add flour and almonds. Pour into a greased and lined 20 cm square deep pan.

To Cook by Convection:

Cook on 180°C for 35 to 40 minutes. No pre-heating is necessary. Cool completely before removing from a pan.

Speedy Choc-Bit Slice MC A

Makes: 1 x 20 cm square pan

Ingredients:

90 g	butter, melted	90 g
1 cup	sweet biscuit crumbs	250 ml
1 1/2 cups	choc bits	375 ml
1 cup	shredded coconut	250 ml
1 cup	chopped mixed nuts	250 ml
1 can (400 g)	sweetened condensed milk	1 can (400 g)

Method:
Grease and paper line a 20 cm square pan. Pour butter into prepared pan. Sprinkle evenly with biscuits, choc bits, coconut and nuts. Drizzle with condensed milk.

To Cook by Combination:
Prepare as above. Place on the turntable. Cook on Combination 4 for 25 to 30 minutes. Allow to cool before removing from pan and cutting into squares.

To Cook by One Touch Cooking:
Prepare as above. Place on the low rack. Press [Cake/Slice], then [Start].

Honey Oaty Slice MC A

Makes: 1 x 27 x 17 cm Swiss roll pan

Ingredients:

1 cup	rolled oats	250 ml
1 cup	plain flour	250 ml
3/4 cup	coconut	190 ml
3/4 cup	white sugar	190 ml
125 g	butter	125 g
3 tablespoons	honey	45 ml
2 tablespoons	water	30 ml
1/2 teaspoon	bicarbonate of soda	2 ml

Method:
Grease and paper line a 27 x 17 cm slice pan. Combine oats, flour, coconut and sugar in a large bowl. In a 2 litre pyrex bowl, place butter, honey and water and cook on HIGH for 1 to 2 minutes, stir in bicarbonate of soda. Pour over dry ingredients, stir until well combined. Press into pan. Cook on Combination 4 for 25 to 30 minutes, cool before cutting.

To Cook by One Touch Cooking:
Prepare as above. Place on the low rack. Press [Cake/Slice], then [Start].

Peanut and Sultana Slice MC A

Makes: 1 x 19 x 28 cm pan

Ingredients:

185 g	butter	185 g
1/2 cup	caster sugar	125 ml
1/2 cup	sultanas	125 ml
1 cup	raw unsalted peanuts	250 ml
1 cup	coconut	250 ml
1 cup	plain flour	250 ml

Method:
Grease and paper line a 19 x 28 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Stir in sugar, sultanas, peanuts and coconut, then sifted flour. Press mixture into base of pan and cook on **Manual** Combination 4 for 25 to 30 minutes.

To Cook by One Touch Cooking:
Prepare as above. Place on the low rack. Press [Cake/Slice], then [Start].

Chocolate Peanut Butter Cheesecake MC

Serves: 6 to 8

Ingredients:

Base:

250 g	peanut cookies, finely crushed	250 g
125 g	butter	125 g

Filling:

2 x 250 g	packets cream cheese, softened	2 x 250 g
1/2 cup	brown sugar	125 ml
1 cup	crunchy peanut butter	250 ml
2	eggs	2
1 teaspoon	vanilla essence	5 ml
1/2 cup	sour cream	125 ml

Topping:

150 g	chocolate	150 g
1/4 cup	sour cream	60 ml

Method:
Melt butter in a 1 litre casserole dish on HIGH for 30 to 40 seconds. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 20 cm spring form tin. Refrigerate until firm. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place in oven on low rack, cook on Combination 3 for 30 to 35 minutes. Allow to cool and spread with topping.

Topping:
Melt chocolate in a 2 cup (500 ml) jug on MEDIUM-HIGH for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.

Apricot Cheesecake C

Serves: 8 to 10

Ingredients:

250 g	plain biscuits	250 g
90 g	butter	90 g
1/4 cup	apricot jam	60 ml
250 g	ricotta cheese	250 g
1 cup	chopped dried apricots	250 ml
2	eggs	2
1/2 cup	caster sugar	125 ml
300 ml	cream	300 ml
2 tablespoons	flour	30 ml
1 teaspoon	vanilla essence	5 ml

Method:

Crush or process biscuits until fine. Melt butter in a bowl on MEDIUM-HIGH for 30 to 60 seconds. Combine with biscuit crumbs and press onto the base of a 25 cm flan dish. Warm jam in a small bowl on MEDIUM-HIGH for 30 seconds. Brush jam over biscuit base. Refrigerate while making filling.

To Cook by Convection:

Preheat oven to 160°C. Beat together the remaining ingredients until well combined and pour into the biscuit base. Cook on 160°C for 45 to 50 minutes. Refrigerate until cold before slicing.

If desired, decorate with whipped cream, drained canned apricot halves and roughly chopped pecans.

Zesty Cheesecake

Serves: 6 to 8

Ingredients:

250 g	sweet biscuits, finely crushed	250 g
125 g	butter	125 g
Filling:		
250 g	cream cheese	250 g
400 g	sweetened condensed milk	400 g
3 teaspoons	lemon or lime rind	15 ml
1/3 cup	lemon or lime juice	85 ml
1 teaspoon	gelatine	5 ml
1 tablespoon	water	15 ml

Method:

Base:

Place butter in a 2-litre bowl and cook on HIGH for 1 minute, add biscuit crumbs. Press mixture evenly over base and sides of a lightly greased spring form tin. Refrigerate while preparing filling.

Filling:

Beat cream cheese in a small bowl with electric mixer until smooth, add condensed milk, rind and juice, beat until smooth. Place water in a 1 cup (250 ml) jug, sprinkle gelatine over water and cook on MEDIUM-HIGH for 30 seconds, add and mix into lemon mixture. Pour into base and refrigerate until set. Garnish with strawberries and cream.

Honeycomb Cheesecake

Serves: 6 to 8

Ingredients:

250 g	packet honey snap biscuits, crushed	250 g
125 g	butter	125 g
3 teaspoons	gelatine	15 ml
1/4 cup	water	60 ml
375 g	cream cheese	375 g
1/2 cup	caster sugar	125 ml
1 teaspoon	vanilla essence	5 ml
300 ml	thickened cream	300 ml
3	chocolate coated honeycomb bars, crushed	3

Method:

Place butter in a 2-litre bowl and cook on HIGH for 1 minute. Add biscuit crumbs, mix well. Press mixture into base and sides of a 22 cm spring form tin. Refrigerate while making filling. Place water in a small bowl, sprinkle with gelatine. Heat on MEDIUM for 30 to 40 seconds to dissolve, **DO NOT BOIL.** Place cream cheese into a mixing bowl, add sugar and vanilla essence. Beat until smooth with electric mixer. Beat cream in a small bowl until soft peaks form. Stir gelatine mixture into the cheese mixture, add cream and chocolate honeycomb bars. Pour into the crust, refrigerate until set.

Lemon and Pineapple Cheesecake

Serves: 6 to 8

Ingredients:

125 g	butter	125 g
180 g	sweet plain biscuits, crushed	180 g
250 g	cream cheese, softened	250 g
1/3 cup	sugar	85 ml
	juice and rind of 1 lemon	
2	eggs	2
1/3 cup	flour	85 ml
1 can (450 g)	crushed pineapple, drained	1 can (450 g)

Method:

Place butter in a 1 litre dish and cook on HIGH for 1 minute. Add biscuit crumbs, mix well. Press mixture into a 23 cm pie plate. Refrigerate while making filling. Place cream cheese into a mixing bowl, add sugar mix well. Add juice and rind of lemon, eggs and flour, mix well. Fold through pineapple. Pour filling into chilled biscuit base. Elevate pie dish and cook on MEDIUM for 10 to 12 minutes. Refrigerate until cold before serving.

Christmas Pudding

Serves: 10 to 12

Ingredients:

250 g	sultanas	250 g
250 g	raisins, chopped	250 g
125 g	currants	125 g
125 g	dates, chopped	125 g
100 g	mixed glacé fruit, chopped	100 g
100 g	glacé cherries	100 g
60 g	mixed peel	60 g
1/2 cup	brandy	125 ml
250 g	butter	250 g
250 g	brown sugar	250 g
4	eggs	4
1 cup	flour	250 ml
1/2 teaspoon	ground ginger	2 ml
1/2 teaspoon	nutmeg	2 ml
1/2 teaspoon	cinnamon	2 ml
1/2 teaspoon	allspice	2 ml
1 tablespoon	golden syrup	15 ml
1 tablespoon	parisienne essence (gravy browning)	15 ml
1 1/2 cups	fresh breadcrumbs	375 ml
1 cup	canned apples	250 ml

Method:

Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time beating gently after each addition. Add sifted flour and spices, golden syrup, parisienne essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease 2.5-litre pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM-LOW for 40 minutes. Shield edges with strips of foil secured with string, and continue to cook on MEDIUM-LOW for 30 minutes. Stand loosely covered for 10 minutes before serving.

Tip:

To reheat whole pudding, cover with plastic wrap and heat on MEDIUM-HIGH for 5 to 7 minutes.

Butterscotch Pudding A C

Serves: 4 to 6

Ingredients:

3/4 cup	self-raising flour, sifted	190 ml
1 can (400 g)	sweetened condensed milk	1 can(400 g)
30 g	butter	30 g
1 teaspoon	vanilla essence	5 ml
1/2 cup	milk	125 ml
1 cup	brown sugar	250 ml
1 1/4 cups	boiling water	440 ml

Method:

Place condensed milk into a 1-litre casserole dish and cook on MEDIUM for 6 to 7 minutes, stirring twice during cooking. Stir in butter, vanilla essence and milk, stir until butter has melted. Cool slightly.

To Cook by Convection:

Preheat oven to 200°C. Add milk mixture to sifted flour, mix well. Pour mixture into a greased deep 20 cm cake pan. Sprinkle top with brown sugar and gently pour boiling water over mixture and cook on 200°C for 25 to 35 minutes. Serve.

To Cook by One Touch Cooking:

Prepare as above. Place in oven, press [Cake/Dessert], then [Start].

Strawberry Mousse

Serves: 4 to 6

Ingredients:

1/4 cup	water	60 ml
2 teaspoons	powdered gelatine	10 ml
100 g	white chocolate	100 g
1	punnet strawberries	1
2	egg yolks	2
180 ml	cream	180 ml

Method:

Place water in a small bowl, sprinkle with gelatine. Heat on MEDIUM-HIGH for 1 minute to dissolve, do not boil. Break chocolate into small pieces and place into a small bowl, melt on MEDIUM-HIGH for 1 to 1 1/2 minutes. Allow to cool slightly. Process strawberries or sieve to a puree.

Combine egg yolks with cream, add cooled chocolate and gelatine and fold lightly. Gently fold strawberries into mixture. Pour into individual ramekins or one large mould and refrigerate for 2 to 3 hours or until set.

Chocolate Self Saucing Pudding A C

Serves: 4 to 6

Ingredients:

60 g	butter	60 g
1/2 cup	milk	125 ml
1 teaspoon	vanilla essence	5 ml
3/4 cup	caster sugar	190 ml
1 cup	self-raising flour, sifted	250 ml
2/3 cup	brown sugar	165 ml
1 tablespoon	cocoa, extra	15 ml
2 cups	boiling water	500 ml

Method:

Place butter and milk in a 2 litre microwave safe bowl. Cook on HIGH for 30 to 40 seconds. Stir in essence and caster sugar, flour and cocoa. Spread mixture into a 20 cm cake pan.

To Cook by Convection:

Preheat oven to 200°C. Sprinkle brown sugar and sifted cocoa over mixture. Pour boiling water over mixture and cook on 200°C for 30 to 40 minutes.

To Cook by One Touch Cooking:

Prepare as above.Place in oven, press [Cake/Dessert], then [Start]. Serve immediately.

Baked Alaska Surprise C

Serves: 4 to 6

Ingredients:

10 to 12	sponge finger biscuits or 1 round trifle sponge	10 to 12
1	punnet strawberries, hulled and cut in half	1
1 tablespoon	caster sugar	15 ml
2 tablespoons	fruit liqueur	30 ml
1 litre	vanilla ice cream	1 litre
4	egg whites	4
3/4 cup	caster sugar, extra	190 ml
1/4 cup	chopped almonds (optional)	60 ml

Method:
Line the base of a 23 cm round flan dish with biscuits or sponge (the biscuits will overlap.) Place strawberries over base and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer.

To Cook by Convection:
Preheat oven to 250°C. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over icecream. Cook on 250°C, on the low rack for 3 to 5 minutes. Serve immediately.

Baked Alaska Surprise

Chocolate Souffle C

Serves: 4 to 6

Ingredients:

60 g	butter	60 g
1/2 cup	plain flour	125 ml
2 tablespoons	cocoa	30 ml
300 ml	milk	300 ml
1 tablespoon	vanilla essence	15 ml
4	eggs, separated	4
1/3 cup	caster sugar	85 ml
1/2 cup	choc dots	125 ml
3 tablespoons	icing sugar	45 ml

Method:
Melt butter on HIGH for 30 seconds. Stir in flour and cocoa. Slowly add milk to mixture, stirring well. Cook on HIGH for 3 to 4 minutes, stirring twice. Allow to cool slightly. Add vanilla. Beat in egg yolks one at a time. Beat egg whites until stiff peaks form. Gradually add caster sugar until peaks are stiff.

To Cook by Convection:
Preheat oven to 200°C. Gently fold beaten egg whites and choc dots into the chocolate sauce. Pour mixture into a greased and sugared 6 cup (1.5 litres) pudding dish. Cook on 200°C for 20 to 22 minutes. Dust top with icing sugar. Serve immediately.

Pavlova C

Serves: 8 to 10

Ingredients:

4	egg whites	4
	pinch salt	
1 1/4 cups	caster sugar	310 ml
2 teaspoons	vinegar	10 ml
2 tablespoons	cornflour	30 ml

Topping:

300 ml	cream	300 ml
1	punnet strawberries, hulled and cut in half	1
2	passionfruit	2

Method:
To Cook by Convection:
Preheat oven to 140°C. Grease and line a baking tray. Dust with one tablespoon (15 ml) cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture high on a baking tray. Cook on 140°C for 60 to 70 minutes. Allow to cool.

Filling:
Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

Lemon Meringue Pie C

Serves: 4 to 6

Ingredients:

Pastry:

1 cup	plain flour	250 ml
2 tablespoons	caster sugar	30 ml
75 g	butter	75 g
1	egg yolk	1
2 teaspoons	milk	10 ml

Filling:

2½ tablespoons	cornflour	37 ml
½ cup	caster sugar	125 ml
150 ml	water	150 ml
	juice and grated rind of 2 lemons	
3	eggs, separated	3
⅓ cup	caster sugar, extra	85 ml

Method:

Pastry:

Sift flour and sugar together in a bowl. Rub in butter until mixture resembles fine breadcrumbs. Add egg yolk and milk and knead lightly. Wrap and chill for 10 to 15 minutes.

Filling:

Place cornflour and sugar into a 1-litre casserole dish. Gradually add water, stirring. Add lemon rind. Cook on HIGH for 2 to 3 minutes, until boiling. Add yolks and lemon juice and mix well. Cook on MEDIUM-HIGH for a further 2 to 3 minutes. Set aside.

To Cook by Convection:

Preheat oven to 180°C. Roll out pastry to fit a 20 cm pie plate. Prick base. Cook on 180°C for 10 to 12 minutes. Beat egg whites until soft peaks form. Gradually beat in extra caster sugar, one tablespoonful at a time. Preheat oven to Convection 180°C. Place lemon filling into cooked pastry case and top with meringue. Cook on 180°C 10 to 12 minutes until meringue is golden in colour.

Tip: It is necessary to preheat oven again when placing lemon mixture and meringue into pie shell.

Scones C

Makes: 8

Ingredients:

2 cups	flour	500 ml
4 teaspoons	baking powder	20 ml
¼ teaspoon	salt	1 ml
60 g	butter or margarine, cut into small pieces	60 g
	milk to mix (approximately ¾ cup/190 ml)	

Method:

To Cook by Convection:

Preheat oven to 220°C. Place flour, baking powder and salt in a large bowl and rub in butter. Add enough milk to form a soft dough. Knead lightly on a floured work surface. Pat out to 2 cm thickness then with a floured knife, cut into approx. 8 scones. Place scones on a lightly greased tray and cook on 220°C for 12 to 14 minutes. Cool on wire rack.

Apple Crumble

Serves: 4

Ingredients:

2 cans (425 g × 2)	pie apples	2 cans (425 g × 2)
¼ teaspoon	cinnamon	1 ml
1 tablespoon	brown sugar	15 ml
1½ cups	plain flour	375 ml
¼ cup	coconut	60 ml
½ cup	brown sugar	125 ml
100 g	butter	100 g
¼ cup	chopped nuts	60 ml

Method:

Place apples into a 1-litre dish, sprinkle with cinnamon and sugar. In a separate bowl, combine flour, coconut and brown sugar, rub in butter. Place flour mixture on top of apples and sprinkle with nuts. Cook on HIGH for 10 to 12 minutes. Serve hot or cold.

Apple Pie A C

Serves: 6 to 8

Ingredients:

Pastry:

185 g	butter	185 g
½ cup	caster sugar	125 ml
1 tablespoon	lemon juice	15 ml
1	egg	1
1½ cups	plain flour	375 ml
1 cup	self-raising flour	250 ml

Filling:

2 cans (440 g × 2)	pie apples	2 cans (440 g × 2)
¼ cup	caster sugar	60 ml
1 teaspoon	cinnamon	5 ml

Method:

Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press ⅔ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together. Place on low rack in oven.

To Cook by Convection:

Cook on 180°C for 40 to 50 minutes. Preheating is not required.

To Cook by One Touch Cooking:

Press Cake/Dessert, then Start.

Micro - Made Extras

Coffee Liqueur

Makes: 3 cups (750 ml)

Ingredients:

1 1/2 cups	hot tap water	375 ml
2 cups	sugar	500 ml
1/3 cup	instant coffee	85 ml
2 cups	vodka	500 ml
3 teaspoons	vanilla essence	15 ml

Method:

Pour water into a 4-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients except vodka and stir well. Cook on MEDIUM for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

Strawberry Liqueur

Makes: 3 cups (750 ml)

Ingredients:

500 g	sugar	500 g
600 ml	brandy or whisky	600 ml
500 g	washed and hulled strawberries	500 g

Method:

Place sugar and strawberries in a 4-litre dish. Stir well. Cook on HIGH for 20 minutes. Stir halfway through cooking. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

Fruit Mince

Makes: 2 cups (500 ml)

Ingredients:

250 g	mixed dried fruit	250 g
1 can (440 g)	crushed pineapple and juice	1 can (440 g)
1	cooking apple (peeled, cored and grated)	1
1 cup	brown sugar	250 ml
1 tablespoon	brandy	15 ml
1 teaspoon	nutmeg	5 ml
1 teaspoon	cinnamon	5 ml
1 tablespoon	cornflour	15 ml
1/4 cup	water	60 ml

Method:

Combine all ingredients except cornflour and water in a 2-litre casserole dish. Cook on MEDIUM-LOW for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir. Cool, bottle and seal, or use immediately.

Caramel Sauce

Makes: 2 cup (500 ml)

Ingredients:

1 can (400 g)	condensed milk	1 can (400 g)
20 g	butter	20 g
1/4 cup	brown sugar	60 ml
2 tablespoons	golden syrup	30 ml
200 ml	cream	200 ml

Method:

Combine all ingredients in a 4-cup (1 litre) jug. Mix well. Cook on MEDIUM-HIGH for 3 to 5 minutes, stirring halfway through cooking. Serve over ice cream or with the pudding of your choice.

Chocolate Macadamia Nut Sauce

Makes: 1 cup (250 ml)

Ingredients:

200 g	dark chocolate	200 g
1/2 cup	cream	125 ml
1/4 cup	macadamia nuts, chopped finely	60 ml

Method:

Place chocolate and cream in a 500 ml pyrex jug, melt on HIGH for 1 to 2 minutes. Add nuts and serve hot over ice cream.

Strawberry Sauce

Makes: approximately 2 cups

Ingredients:

1/2 cup	caster sugar	125 ml
1/2 cup	water	125 ml
500 g	strawberries	500 g
1 tablespoon	water	15 ml
1 tablespoon	arrowroot	15 ml

Method:

Combine sugar and water in a 1-litre bowl and cook on HIGH for 3 to 5 minutes, stir once during cooking to dissolve sugar. Add strawberries and cook on HIGH for 3 to 4 minutes. Blend water and arrowroot and add to strawberry mixture. Cook on HIGH for 2 minutes. Serve hot or cold with ice cream.

Mushroom Sauce

Makes: 1 1/2 cups (375 ml)

Ingredients:

3 tablespoons	margarine or butter	45 ml
2 tablespoons	flour	30 ml
1 teaspoon	soy sauce	5 ml
3/4 cup	cream	190 ml
	salt and pepper to taste	
1/2 teaspoon	curry powder	2 ml
1 can (190 g)	drained champignons (mushrooms), sliced	1 can (190 g)

Method:

Place butter or margarine in a 4 cup (1 litre) glass jug. Cook on HIGH for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on HIGH for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on HIGH for 30 to 60 seconds.

Chinese Sweet & Sour Sauce

Makes: 4 cups (1 litre)

Ingredients:

1/2	cucumber	1/2
1/2 cup	cornflour	125 ml
1/2 cup	brown sugar	125 ml
1 cup	chicken stock	250 ml
1/2 cup	dry sherry	125 ml
2 tablespoons	white vinegar	30 ml
2 tablespoons	soy sauce	30 ml
2 tablespoons	tomato paste	30 ml
1 can (450 g)	pineapple pieces and juice	1 can (450 g)
1/2	red capsicum (pepper), diagonally sliced	1/2
1	stick celery, diagonally sliced	1

Method:

Cut cucumber in half lengthwise, scoop out seeds and slice diagonally into 1 cm pieces. Combine cornflower and sugar in a 2-litre casserole dish. Gradually stir in stock, sherry, vinegar, soy sauce, tomato paste, pineapple pieces and juice, capsicum and celery. Cook on HIGH for 10 to 12 minutes, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

Mint Sauce

Makes: approximately 1/3 cup (85 ml)

Ingredients:

1 tablespoon	water	15 ml
1 tablespoon	sugar	15 ml
2 tablespoons	brown vinegar	30 ml
2 tablespoons	mint, finely chopped	30 ml

Method:

Combine all ingredients in a 1-cup (250 ml) jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

Hollandaise Sauce

Makes: 3/4 cup (190 ml)

Ingredients:

60 g	butter	60 g
2 tablespoons	lemon juice	30 ml
2	egg yolks	2
1/4 cup	cream	60 ml
1/2 teaspoon	mustard	2 ml
1/4 teaspoon	salt	1 ml

Method:

Place butter in a 2-cup (500 ml) jug, cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream, mix well. Cook on MEDIUM for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

Rhubarb and Apple Conserve

Makes: 2 cups (500 ml)

Ingredients:

350 g	rhubarb, chopped	350 g
3	medium sized apples, grated	3
2 tablespoons	water	30 ml
1 cup	caster sugar	250 ml
2 tablespoons	lemon juice	30 ml

Method:

Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on HIGH for 6 to 8 minutes, stirring once during cooking. Stir in sugar and lemon juice and cook uncovered on HIGH for 15 minutes stirring after every 5 minutes. Pour into hot sterilised jars, when cool, seal.

Strawberry Jam

Makes: Approximately 600 ml

Ingredients:

1 kg	strawberries, washed and hulled	1 kg
1 kg	caster sugar	1 kg
	pectin, if required	

Method:

Place strawberries in a 4-litre casserole dish. Cover and cook on HIGH for 5 minutes. Stir in sugar and pectin if required. Cook on MEDIUM-HIGH for 25 to 30 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

Sweet Apricot Jam

Makes: 3 cups (750 ml)

Ingredients:

750 g	dried apricots, cut in quarters	750 g
1800 ml	water	1800 ml
1.3 kg	sugar	1,3 kg
2 tablespoons	pectin	30 ml

Method:

Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

Rhubarb and Berry Jam

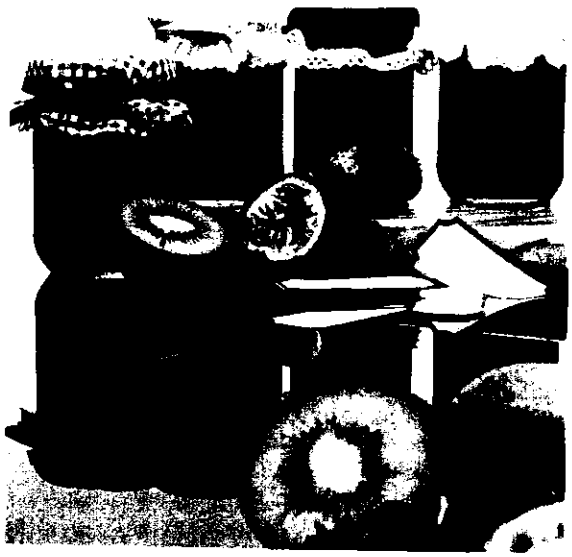
Makes: 1 1/2 cups (375 ml)

Ingredients:

2 cups	chopped rhubarb	500 ml
1 1/2 cups	berries, fresh or frozen	375 ml
2 tablespoons	orange juice	30 ml
1 cup	caster sugar	250 ml

Method:

Combine rhubarb, berries and orange juice in a 3 litre casserole dish. Cook on HIGH for 8 to 10 minutes, stirring twice during cooking. Add sugar, stir until dissolved, cook on HIGH for a further 10 to 15 minutes, stirring every 5 minutes. Pour into sterilised jars, seal when cold.



Jam

Orange Marmalade

Makes: 3 cups (750 ml)

Ingredients:

700 g	oranges	700 g
1	lemon	1
	water	
3 cups	sugar, warmed	750 ml

Method:

Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup (1 litre) jug. Add enough water to make 3 cups (750 ml) of liquid. Add seeds. Cover and cook on HIGH for 20 minutes. Strain.Add sugar to mixture and rind, mix well and cook on HiGH for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.

Tip: To warm sugar – Place sugar in a 2-litre casserole dish and cook on HIGH for 1 to 1 1/2 minutes.

Peach Butter

Makes: 2 cups (500 ml)

Ingredients:

1 can (425 g)	peaches, drained	1 can (425 g)
1 teaspoon	grated lemon rind	5 ml
1/4 cup	lemon juice	60 ml
90 g	butter	90 g
3	eggs	3
3/4 cup	caster sugar	190 ml

Method:

In a blender or food processor, place peaches, lemon rind and juice process until smooth. Place eggs in a 3 litre casserole dish whisk (with an egg whisk) until well combined, add remaining ingredients, cook on HIGH for 6 to 8 minutes, until mixture has thickened. Whisk twice during cooking. Pour into jars, cool then seal. Store in the refrigerator.

Lemon Butter

Makes: 1 cup (250 ml)

Ingredients:

	grated rind and juice of 3 lemons	
1/3 cup	sugar	85 ml
3	egg yolks	3
1 tablespoon	butter	15 ml
1 tablespoon	cornflour	15 ml

Method:

Blend all ingredients in a 4-cup (1 litre) glass jug. Cook on MEDIUM for 3 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

Passionfruit Butter

Makes: 1 1/2 cups (375 ml)

Ingredients:

3	eggs	3
1/2 cup	caster sugar	125 ml
6	passionfruit, pulp removed	6
90 g	butter	90 g

Method:

Beat eggs and sugar together in a 1 litre jug until combined. Stir in passionfruit pulp and butter. Cook on MEDIUM-HIGH for 4 minutes, stirring after every minutes. Pour into hot sterilised jars, when cool, seal.

Mango Chutney

Makes: 2 cups (500 ml)

Ingredients:

450 g	fresh mango, peeled and sliced	450 g
250 g	cooking apples, peeled, cored and sliced	250 g
2 tablespoons	salt	30 ml
2	onions, finely sliced	2
300 g	brown sugar	300 g
150 ml	malt vinegar	150 ml
1 teaspoon	ground ginger	5 ml
1 teaspoon	chilli powder	5 ml

Method:

Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on HIGH for 6 minutes, stirring halfway through cooking. Add sugar, vinegar and spices, mix well. Cover and cook on HIGH for 15 minutes. Pour into sterilised jars and seal.

Tomato Chutney

Makes: 3 cups (750 ml)

Ingredients:

250 g	onion, finely chopped	250 g
1.5 kg	ripe tomatoes, skins removed and tomatoes chopped	1,5 kg
1 teaspoon	salt	5 ml
1 teaspoon	paprika	5 ml
	pinch cayenne pepper	
150 ml	malt vinegar	150 ml
175 g	sugar	175 g

Method:

Place onions in a 3-litre dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes and cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on HIGH for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on HIGH for 35 to 40 minutes, stirring occasionally. Pour into sterilised jars and seal.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
The oven lights dim.	When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light will dim and clicking noises can be heard when the oven cycles.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by Combination.	These noises occur as the oven automatically switches from microwave power to Convection/Grill, to create the Combination setting. This is normal.
The oven has an odour and generates smoke when using the Convection, Combination and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking by Combination or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Start Pad was not pressed after programming.	Press Start Pad.
	Another program has already been entered into the oven.	Press Stop/Reset Pad to cancel the previous program and progam again.
	The program has not been entered correcly.	Program again according to the Operating Instructions.
	Stop/Reset Pad has been pressed accidentally.	Program oven again.
The words "DEMO MODE"* appear on the screen.	Clock Pad has been pressed three times.	Deactivate mode by pressing Clock Pad three times.
When the oven is turning on, there is noise coming from the ceramic tray.	The roller ring and oven bottom are dirty.	Clean these parts according to Care of Your Oven (See next page).

* DEMO MODE is designed for retail store display.
Cooking and other functions will not operate during demo mode.

If it seems there is a problem with the oven, contact an authorised Service Centre.

Care of Your Microwave Oven

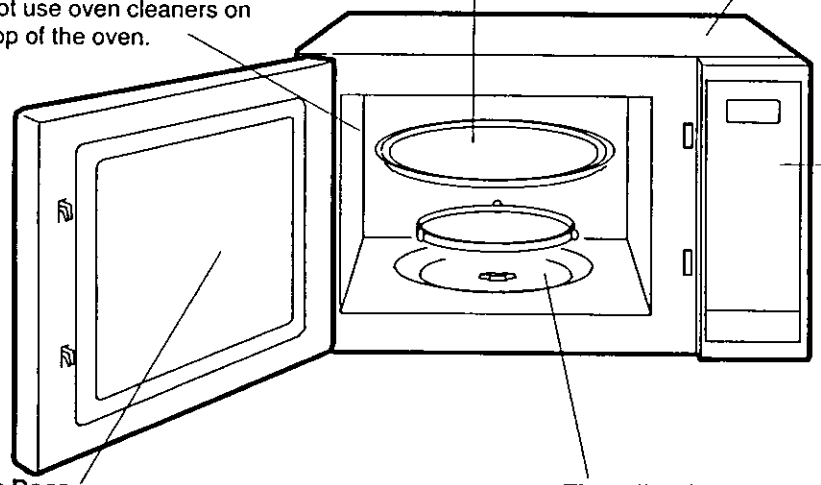
BEFORE CLEANING:
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:
Be sure to replace the Roller Ring and Ceramic Tray in the proper position and press Stop/Reset Pad to clear the display window.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended. Do not use oven cleaners on the top of the oven.

Ceramic Tray:
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a nonabrasive nylon mesh scouring pad and a nonabrasive cleanser.

Outside oven surfaces:
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:
If the control panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.

The roller ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

After GRILL or COMBINATION cooking, the oven should be cleaned with a soft cloth squeezed in soapy water. If the oven is not cleaned occasionally to eliminate this grease, it can accumulate and cause the oven to "SMOKE" during use. To avoid smoking, run the oven without food on Grill-1 for 20 minutes.

Technical Specifications

Power Source	240 V, 50 Hz	230 V, 50 Hz	220 V, 50 Hz
Power Consumption:			
Microwave	6.8 Amps, 1,580 W	7.0 Amps, 1,580 W	7.4 Amps, 1,580 W
Heater	7.5 Amps, 1,800 W	7.8 Amps, 1,800 W	8.2 Amps, 1,800 W
Output:			
Microwave*	900 W	900 W	900 W
Heater	Approx. 1.8 kW	Approx. 1.8 kW	Approx. 1.8 kW
Outside Dimensions:	376 mm (H) x 606 mm (W) x 491 mm (D)		
Oven Cavity Dimensions:	244 mm (H) x 412 mm (W) x 426 mm (D)		
Trim Kit:	NN-TK953		
Trim Kit Cabinet Opening Specification:	459 mm (H) x 632 mm (W) x Min. 532 mm (D)		
Uncrated Weight:	Approx. 26 kg		

*IEC 705-88 Test procedure

Specifications subject to change without notice.